

A Gift...

From the Stars



A humble offering of spiritual wisdom for your
journey through the coming changes

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For Spirit...

*Who taught me that the journey
of Self-discovery brings all of life
into question, and gave me answers
when I was ready for them.*

For my children...

*May the Wisdom find its way into your hearts
and light the path for both of you.*

With Loving Gratitude

Every individual who journeys through life is touched by others who care. Realizing this, I would like to thank each of you who have spent some of your time at my side as I walked the path this lifetime around. Many of you are still here. Others have passed on. Either way, you know who you are.

With each passing day, I see more clearly how your presence in my life has served my spiritual growth in so many different ways. You have given a great deal of yourselves so that I may better understand who I really am and what I want to do with that profound knowledge. I truly hope that my being here has done the same for you. None of this happened by accident. All of it served a most important purpose. And in some magical way, our souls will join again as we play among the stars.

I would also like to thank those whose writings are referred to in various parts of this book. The wisdom they contain, as well as insights found in other books I've read over the years, have blended their way into many of my own thoughts. One thing is for sure: they have taken me deeper into my spiritual journey with a renewed sense of awe, commitment, and inspiration.



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"The Truth shall set you free"

~ Jesus

*"Nothing can stop those whose hearts burn with
genuine passion for the truth. And the truth you
will discover is worth your passion."*

~ Ken Carey

Starseed, The Third Millennium (1991)



Author's Notes

The book you are about to read is a blend of spiritual wisdom I received from many remarkable sources over the past sixteen years. It also includes several factual experiences in my life that may add substance and meaning to your own inner journey. I have tried my best to weave all of it together in ways that are consistent with those Universal truths and insights which reflect God's love and guidance for us.

Throughout this book I often refer to God by different names, but rarely in the masculine form. I believe, as many others now do, that our Source is neither male nor female, but an equal blend of these two polarities of energy and consciousness. For thousands of years the feminine has been suppressed and considered inferior to and weaker than the masculine. That illusion is rapidly coming to an end. And rightfully so.

I also express the word, Earth, with a capital "E." My reason is simple. I consider Earth Mother a very sacred part of my life. The creation of my physical body would not have been possible were it not for the gifts She gave to my mother and father, who merged them into oneness with their love and brought me into this world.

The dawning Age of Aquarius will be a time of sharing between mankind. It will also be a time when we truly learn to honor and respect Earth Mother and all of her splendid creations. I want to be a part of that sacred way of life.

Preface

You are about to embark on a mystical journey of expanded awareness, if you are ready for it. My sole purpose, my fondest wish, is to inspire thought, feeling, and a sense of wonder about some very important and fundamental questions that go to the very core of human purpose and existence.

You might say that these questions belong to the philosophers, the mystics. I assure you they do not. Sooner or later, this lifetime or next, each and every one of us will not only ask them, but will search for their answers with a passion you never thought possible.

What are the magical questions that mankind has been contemplating over the ages? Here are the most important ones: Who am I really? What am I doing here on this planet? What is my real purpose in life? Where did I come from? Am I more than my body? Have I been here before? Where am I going? Is there other life out there in the Universe? And the most important of all: Who and what is God?

Several more questions can be added to those already asked: Did I come to planet Earth with a plan, an agenda? What is the real purpose of relationships? How do relationships, soul mates, and twin souls play a role in my life? What are the profound changes taking place on planet Earth these days as we approach the year 2012? Where will these profound changes take me and the rest of humanity in the years to come?

You will also discover that it is impossible to thoroughly answer all of these questions, awaken to your true divine nature, and complete your cosmic destiny in a single lifetime. But one has to begin in earnest somewhere. And I promise that you will never be the same once the quest for Truth and Wisdom begins in earnest.

As you wander through the pages of this book, it would help a great deal if you bring an open mind to them. Just as importantly, you have to be *ready* for the wisdom they contain. Then, when all is said and done, take what you read and feel to the heart and listen to what it says. It will never lie to you.

Once again, my thoughts are only meant to inspire a sense of wonder, not to force the reader into adopting a specific point of view, or way to be in one's life. What you choose to do with this information is totally up to you. As it should be.

Today many find themselves on the inner journey of Self-discovery for many different reasons, and in many different ways. Some have done so because of severe pain and suffering they experienced as a result of unexpected crises that came into their lives. These kinds of traumatic events served as priceless opportunities that brought them to an expanded state of divine awareness, a greater sense of who they really are, and what they are doing here. I am one of them, and I'd like to share what I've learned with you.

Introduction

"You cannot hope to grow spiritually unless you are prepared to change. Those changes may come in small ways to begin with, but as you move further and further into the new, they will become more drastic and vital. Sometimes it needs a complete upheaval to bring about a new way of life."

~ Given to Eileen Caddy by God
Flight into Freedom

I remember the moment as though it were yesterday. The memory has softened but not faded. In the spring of 1985, the first of many unexpected crises that would last for thirteen long years appeared out of nowhere and changed the entire course of my life. The pain and suffering they caused altered my reality and how I viewed life in ways I never thought possible.

It took an awful lot to wake me up and move me in the direction of Self-discovery. Before it all started I was reasonably comfortable with life. Things were going well, real well. I was able to plan and build for the future. A successful and rewarding career, the promise of a soon-to-be divisional vice-presidency in a multinational health and consumer care products corporation, a nice home in the country, a healthy annuity, the joy my children gave me, a loving mother for those children, my love affair with the sea, and a wonderful family circle were tempering the effects of a gradually softening marriage. Overall, I considered myself very fortunate, and could easily have spent the rest of my life that way.

Then "it" happened, storming out of nowhere and catching me totally by surprise.

The unexpected drama that took me down a completely different road in life began in 1985 when the company I worked for in the Northeast was acquired by an industry giant from the Midwest. Just a bump on the road that I would be able to right over time I thought. I had survived these kinds of professional challenges before, and this would be no different.

At the time, I could not foresee how that singular event would serve as a tipping point for all the fears, suffering, and change that I would experience and feel for years to come. The suffocating heaviness and apprehension it began to create threatened the security I had built for my family and myself after many years of hard

work and success in the corporate world. As much as I refused to accept it, life just didn't feel as stable and predictable as it once had.

Over the next few years each new day brought a troubling mix of anxiety and hope because of the consuming uncertainty that takeovers create. I did not fear losing my job. On the contrary, I connected very quickly with the new top management and was given more responsibilities because of it. But that was offset by the knowledge that all future career growth could only be achieved through a move to one of the parent company's many domestic or international sites. And that meant tearing down one's world and rebuilding it elsewhere, perhaps several times. I didn't want that for my family, nor did they.

The new corporate culture and the energy it created were quite different than the one that I had grown used to and came to love over the years. The wonderful family-run atmosphere and the spirit of camaraderie and caring that once existed were replaced with an overbearing largeness and impersonal management style of the controlling corporation. It made one feel like a pawn and a commodity rather than a cherished employee. Slowly but surely the spirit of the original company began to dissipate as it gave way to the new. And it was heartbreaking to see that happen.

After the acquisition, corporate credibility was continuously compromised by mistrust every time regular pronouncements were made by management that our Northeast location was secure and would not change. But the personnel moves and other organizational changes made by the deciders in the Midwest suggested otherwise.

A new power structure was in place that would determine where we go, what we do professionally, and where our families were required to live so long as the corporate interests were served. If you did not fall on their sword when requested, your career was in jeopardy or over. If you blindly served their wishes, retirement with a golden spoon in your mouth was the eventual reward.

Every day became a grind. Periodically, someone would accept a change in position elsewhere in the company. Others left entirely. Apprehension and uncertainty intensified every time that happened.

The people I was administratively responsible for would beat a constant path to my office door, stop me in the hallways, or join me for lunch asking if any new information had emerged that would threaten their professional careers, home life, or buyouts. They hung on my every word. I felt terrible because I truly cared for them, but had no answers to offer that would give them a sense of hope and peace. Only the

highest echelons of power knew when the axe of change would fall. And, for many, including myself, change translated into fear of the unknown.

As the months wore on, I would get up in the morning, sit on the side of my bed, hold my head in my hands, and try to muster up enough energy and enthusiasm to go through another day at work. Each weekend was a blessing, which provided a brief respite from the suffocating energy of doubt and uncertainty that began all over again the following Monday.

I often found myself drifting back and forth between feelings of despair and optimism. Although I was well-respected by top management of the parent company, my intuition kept reminding me that something in the background of life was not working. More than anything this bothered me the most. The confusion it created played constant havoc with my emotions. One moment I believed that life was still manageable, still salvageable. The next moment my instincts were telling me that my ability to survive and prosper as well as I once had was seriously being threatened.

In the fall of 1988, I was asked to move to corporate headquarters, complete with significantly expanded responsibilities. The moment of truth and reckoning had come.

I declined the offer to relocate because of my son's challenge with dyslexia while attending elementary school. There was no way I would run off and not support him, especially while he was repeating the same grade that particular year. Nor did I want to leave my family behind to work elsewhere. The only other alternative was equally unacceptable. My wife and I did not want to risk moving our son from school and his support group to attend a new one half way across the country after the academic year had already started.

I explained this dilemma to management, and was unceremoniously terminated soon thereafter.

My severance meeting lasted all but a minute or two. Strictly business, indifferent, no explanations, just a short, cold pronouncement that I was to leave. The complete opposite of the original company. I was then escorted to Human Resources for a standard exit interview that was devoid of any genuine feeling or compassion. My benefits and the like were explained to me as though it were a heartless, robotic exercise.

Not a minute was wasted when the final insult came. After Human Resources had their way with me, I was marched out a back door by security without being given the opportunity to visit my office and collect my personal belongings. Most hurtful of

all was that I could not say goodbye to my people, and thank them for all of their good work and the friendships that we had developed over the past sixteen years.

I walked to my car, got in, drove away, and never looked back. On the one hand I felt a huge relief to be out of that oppressive drama. On the other, I knew things would not be as secure as they had been for many years. And I'm not ashamed to admit that I was extremely uncomfortable with my income being threatened that way, and the many fears that it created.

While driving home, I realized that it would be very difficult to find a new job at that point. I was painfully aware that unemployment would be awkward to explain to prospective employers in spite of my telling the truth. On the surface, it appeared that I was terminated for lack of performance, and that the parent company had no place for me.

Most importantly, after the acquisition was completed I was legally constrained by a two-year non-compete agreement, which all top managers were compelled to sign on a regular basis. Uncommon for our industry, it was one that was vigorously enforced all the way to court if necessary. And, because of all the information I was exposed to across several different profit centers, I was privy to a great deal of the parent company's business and research and development plans. Other companies were quite aware of this aggressive, non-compete policy as were the headhunters, and that raised all kinds of caution flags for them.

Finally, wanting to be close to my son while he completed his ongoing school year, I found myself geographically limited within the job market. Living in the southern part of New England was quite a distance from many potential employers.

For the first time in my life, I felt professionally compromised, threatened and alarmed. I was clearly boxed in by these circumstances. And I knew it.

I continually reminded myself that things hadn't gotten out of control yet. Somehow I managed to pull myself together, prayed to God, took a deep breath, and tried to bring a renewed sense of energy to my direction in life. That always worked before, and I was confident things would magically fall into place as they had in the past. And as a caring, responsible head of household, I wanted so badly for life as it was to be preserved for my family's sake.

After several months of trying, it was plain to see that I was not having much success with the efforts of well-intentioned headhunters, who began to slowly distance themselves from me.

Thoroughly disenchanted with corporate life, I decided to step aside from the pharmaceutical industry in early 1989. It happened unexpectedly when a cousin-in-law, whom I was very close to, had an opportunity to buy a small, successful construction company that he worked for in New York City. In fact, because of his vast expertise, he had become the company. Their main client was Rockefeller Center where the business was located. We purchased the company with a passive third partner, who owned and operated another business in the same building.

Our new company more than doubled in sales in less than two years. I was beginning to feel comfortable and secure again. Life held promise professionally, and it carried over into my personal life. Although I initially brought home less salary, I could still provide for my family, maintain the status quo they had grown used to and enjoyed, and preserve the healthy annuity I had accumulated after many years of work.

However, towards the end of 1990 two things happened that shook my world again. I began to feel very uncomfortable with the moral challenges of doing business in the city. In addition the new business promised by our passive partner to supplement his income did not materialize. We soon realized that our company was not large enough to financially support three equal partners. Ultimately, I chose to leave so that my cousin would have a chance to succeed, which he eventually did.

As I unwound myself from the business over the next several months, my state of mind began to suffer a great deal. The four-hour round trip commute to work was no longer bearable, and began to wear on me a great deal. More often than not I found myself walking to Saint Patrick's Cathedral several times a day to pray, to cry, to hold myself together, and to deal with fear of the unknown again.

I had never known dread like that before in my life. Nothing was working regardless of how hard I tried. I was only fifty years of age, and knew that re-entering the pharmaceutical industry would be very difficult. Leaving another company so soon with a revised resume that would do nothing but raise eyebrows of concern was not good. I sensed that I was losing control over my life. And I was deeply concerned for my family who was connected to it.

A month or so before I left the company the strangest thing happened. I came home from work one evening consumed with morbid worry about future employment. As the night wore on and the children were tucked into bed, I lay down to sleep, but could not do so after an hour or so of constant tossing and turning. My wife lay peacefully next to me, deep in slumber.

As I twisted and agonized in the dark, the seizure of worry and fear became so intense I began to wonder if I was going to have a nervous breakdown. My mind and

the body it was connected to felt like they were literally coming apart. It kept feeding and building on itself as wave after wave of apprehension and anxiety washed through me. This was far more threatening than a panic attack, several of which I had already experienced years before.

I couldn't stand it any longer. I went outside to breathe some fresh night air, which didn't help. I then went in and sat by the side of my children as they slept hoping it would calm me down. It had no effect. Resigned to hopelessness, I went back to bed. The swirling inside my head became worse. There was no more strength in me. I stopped fighting expecting right then and there that I would break down and completely lose my mind. Words cannot describe how terrifying that moment was.

The battle for my sanity finally came to an end. I could hold on no longer. Silently, I said goodbye to my children, my wife and our dog, after expressing my deep love for them. Tears flowed. I started to pray. I felt myself drifting into an unknown darkness, but could not stop it.

About 15 seconds later, a bolt of indescribable energy entered the bottom of my feet and swept its way to the top of my head in what seemed like less than a second. The best way I can describe the surge of energy is that it felt like a rush of high voltage electricity, but one that was not harmful to me. On the contrary, in the blink of an eye I was completely healed and mentally rebalanced. Before I had a chance to question what had happened, I fell peacefully asleep.

The next morning I literally felt like Superman, mentally and physically. It was an exalted feeling that lasted for about one month. Most importantly, I knew that an otherworldly "something" had intervened in my life, which gave me momentary hope. Today, when I look back on that experience, that "something" wanted me to stick around in spite of all that would unfold over the next seven years.

A month or two passed. I was now at home without a job and the steady paychecks that go with it. The summer of 1991 was unfolding. I had gotten over some of my worst fears thanks to loving support from family and friends, and regular visits to a local grotto where I prayed. With a healthy annuity in the bank and substantial equity in my home, I could support my family and maintain our current home life for five years if I was forced to do so. Then the money, and all the security it buys, would run dry, and we'd be out on the street. I also had some funds put away that would see us through the next several months while I regrouped.

During that time, I could not let go of the realization that I seemed to be losing control over my destiny in life in spite of my education, abilities and the willingness to work hard for what I wanted. Like a dark, menacing cloud hanging over my head,

that sobering awareness kept following me around no matter where I went or what I did to distract it. Equally alarming, I kept wondering what was I going to do to earn money and provide security for my family and myself over the coming years.

When I thought my crisis had reached full strength, I fell to my knees one day during the summer of 1991. I was in a local grotto at the time, which I visited quite often to find some peace and comfort. I prayed to God for answers, for guidance, for life to make sense again, for the way I wanted it to be, and for an end to the suffering and pain I was feeling. When I finished with my pleadings, and with tears running down my cheeks, I repeated over and over some of the most powerful words one can say, "God help me!"

From that point forward, my life was supposed to get better. I expected to find employment so that I could pay the bills and feel professionally fulfilled after spending ten years in college working hard to prepare myself for a satisfying career. I also expected to provide for my family, preserve the comfortable life we were very fortunate to have, protect my substantial savings, remain married, pay for the children's education and my daughter's wedding, keep the house, the cars, the boat, the comforts, and all the trimmings that went with it!

What I did not realize at the time is that after asking God for help I should have put my seatbelt on and let go of all expectations. My agenda and God's agenda was not on the same page. Later in life I would read the insightful words of author, Carolyn Myss: "You know how to make God laugh? Tell Him your plans."

The next seven years would unfold in ways I never could have anticipated or thought possible. At that point in my life, synchronistic events began to occur that were totally unexpected. Looking back, this was truly *the* turning point that would lead to a whole new way of being.

The first and most important life-changing experience occurred during August of 1991 when my sister mailed me a New Age/metaphysical book to read called *Seth Speaks*. She hoped it would settle me down and take my mind off things. Even though the words, "New Age," were completely foreign to me at that time, I decided to give it a try.

When I received the book, I turned it over and began to read the back cover:

"Seth is a personality, an essence, an intelligence no longer focused in physical reality, who has communicated with our world through writer Jane Roberts. During her trancelike states, Seth has revealed to Roberts startling secrets of life, death, the universe beyond the five

senses and an amazing potential within us that is just waiting to be tapped."

It went on to say:

"This astonishing book is a chronicle of Seth's thoughts and beliefs, written exactly as Seth dictated it. Seth reveals: what to expect immediately after death, how to glimpse into past lives and ways to contact friends and relatives who have died. Seth also reveals the truth about out-of-body experiences and astral projection, and how our daydreams and unfulfilled impulses do in fact take place, and our unfulfilled impulses really are satisfied. He tells who Christ really was and what really happened on Calvary. He identifies the three lost civilizations that preceded Atlantis, and much more. Join Seth on a fascinating journey toward a new and greater awareness."

On the surface, these strange words and far out concepts were totally new to me. For most people, this was twilight zone, mumbo jumbo talk. I wondered how such a book could possibly calm the anguish I continued to feel because of my unemployment. How was I going to find a job and pay the bills with this information!

I could not appreciate it at the time, but Seth's penetrating words of wisdom and loving insights were to be translated into many different languages. The books he dictated through author Jane Roberts would subsequently go on to sell millions of copies all over the world. And in years to come, the reams of hand-written notes that documented his wisdom would eventually be archived at Yale University.

As I read the book, a dormant "knowingness" deep inside me began to stir and awaken; one I never knew existed before. It was a very profound experience and one that I was totally unprepared for. Even though the concepts and teachings in this book felt new at first, the ease with which I understood and accepted them was truly bewildering. In fact they felt strangely familiar. It seemed that another part of me had been sleeping for a long, long time. And it wanted nothing more than to open its eyes and be set free again by the truths I was taking in. Seth's words did exactly that and more. What was going on here?

In spite of the thrill I experienced while reading this remarkable book, I still continued to worry. One evening the anxiety of unemployed life found its way again into my world again, and overwhelmed me while trying to fall asleep. As was often the case, I lay there tossing, turning, and agonizing over what to do with my professional life.

At one point I lay on my back with my eyes closed. All of a sudden, there was an electrical buzzing sound in my head about an inch in from my right temple. It was concentrated in that spot as though a small pea-sized object had been placed in that area. The buzzing was immediately followed by a gentle voice in my head that said, "Don't worry. Everything will be okay."

At first I assumed that my mind was playing tricks on me. Intrigued, I silently repeated these same words several times, and moved my hand to the area of my head where it seemed to occur. It was my forehead, not my temple.

For a second time, the buzzing announced itself in the same place that it had originally appeared. The same words were repeated in a very calm and peaceful way, "Don't worry. Everything will be okay." After hearing them again I was quite sure that those words had a different quality than the ones I silently spoke to myself moments earlier.

I immediately asked, "Who is this?" The answer in my head was instantaneous, "I am." I kept repeating "I am" to myself trying to understand what those two words meant, but could not. Strung together it almost sounded Middle Eastern to me. A minute or so later, I fell peacefully asleep wondering who "I am" was.

Early next morning, when all was quiet, I was sitting on the back porch with our dog, Daisy, resting peacefully at my feet. I thought about life for a while, and then opened the second New Age book I had recently bought. I didn't read more than a few lines when, seemingly out of nowhere, the words, "I Am," appeared in one of the sentences on the page I was taking in. In complete shock, I saw that those two simple words were used in reference to God!

Stunned and astonished, I put the book down and reflected on the surreal experience I had the night before. Tears flowed as I realized once again that an unforeseen, all-loving God expressed compassion and concern for me through another mystical contact.

As would happen from time to time, my spirits were lifted by these kinds of otherworldly episodes that would momentarily give me reason for hope. The feelings of love and comfort they created would co-exist with thoughts of fear, doubt, worry, and pain as part of a repeating theme that would go on for years to come. And yet all of these emotions blended together and pushed me towards a better understanding of who I really am, what life is really about, and what my purpose is on this planet. It was as though answers to these and other questions would somehow ease the suffering a bit, and bring with it a sense of inner peace. Gradually it did. I could not

appreciate it at the time, but God was responding to my request for help in ways I could not understand at the time.

Once I started, I continued reading more and more alternative-minded books with a hunger I just couldn't seem to satisfy. And they were a welcome distraction at the time. Over the years I've read well over four hundred of them, and am still amazed at the truth, wisdom and information they contain. Each succeeding book brought with it greater inner change, and I found myself viewing the world around me in a totally new and different way. I was going through an intense spiritual awakening, and it was the most exciting experience of my life.

Incredibly, as I began to awaken to who I really am, I found myself in more crisis and upheaval. Now it was my inner world that was coming apart and being rewired in ways than I could barely comprehend and keep up with. The spiritual wisdom and Universal truths that these books contained were seriously threatening the ego part of my mind and the many false beliefs it had created for me over the years.

And what were some of the false beliefs I had plugged myself into during that time? You know. The rat race to survive in a materialistic world. Getting ahead. The American dream. The sense of security and happiness that money can bring, and what one can accumulate with it. Financial independence will set you free. Expectations from a partner while in relationship or marriage. When you fall in love and get married, it will last forever. Divorce was unthinkable no matter how bad the union had become. That men weren't supposed to cry or show emotions. Women are the homemakers, men work. Anxieties and guilt from fear-based religious dogmas. That I have one life to get it right or I go to hell. That God is in heaven separated from me. Sex outside of marriage is dirty; it's a sin. Confess it. Fear God. That my government never lies. Believe our military when it denies the existence of UFOs. Native Americans were the bad guys; white men the good guys. And many other misguided notions that had become second nature to me.

For sure, my life started to change dramatically as I began to see through the illusion of these and other false beliefs, while simultaneously replacing them with higher wisdom and truths that *felt* right in the heart. It was as though a veil of confusion and misinformation was being lifted, and I found myself shifting from life "A" to life "B."

While my inner world was being turned inside out and upside down, the one outside of me, the external world I placed so much emphasis on, also started coming apart after asking for God's help in 1991. It took seven years to unfold and had a hurtful effect on my family and devastating one on me. Needless to say, it was totally

unexpected. As I saw things, it was not supposed to happen that way. Surely, God had it all wrong, and was making a big mistake with my life!

Over the ensuing years I tried to find work as a consultant. Every time I reached out to various companies or into my network of friends I'd pray to God and wait for the phone to ring. Nothing would happen. I'd get depressed. My only source of comfort and security were the New Age books I would read. I'd have three or four of them going at the same time. For the first time in my life I was beginning to have a feel for what God is about. And I found a great deal of comfort in it.

When I least expected it, my phone would ring to provide consulting services. However, the company contact, friend, or headhunter who called was not someone I tried to connect with on my own. They simply appeared "out of the blue." I would often wonder about these experiences because of their unexpected nature. What was going on here? Was a Higher source trying to teach me to depend on It; to co-create with It rather than trying to do things entirely on my own?

The consulting services I provided for various companies would almost always lead to a greater role with expanded responsibilities. While working for a large natural products company, I was asked to serve as an interim Vice President of Research & Development. This effort eventually turned into an offer to serve as Chief Operating Officer, and then Chief Executive Officer, for the North American operations. I also served as a Chief Executive Officer of an upstart biotech company after consulting with them for several months. At another company, I was offered a Vice-Presidency in a large multinational pharmaceutical company not long after doing some consulting projects for them.

Interestingly, all of the opportunities that materialized to preserve the status quo of life would somehow "blow up" in my face unexpectedly and ended prematurely for various reasons that would astound me. Something would mysteriously come out of left field and abruptly end the promise of a career starting again, including the income and security that came with it.

Each of these letdowns had nothing to do with my abilities or quality of performance. It just seemed that an outside force was continually sending me the same message: "You're not going down this career road again. Full-time, corporate-world employment is not the right journey for this part of your life."

The emotional disappointments, the hurts, and the ongoing shocks to my self-esteem and confidence were starting to pile up inside me. I'd have to explain these "failures" to my family. Each time I did so the pain and suffering increased. And I would read

my spiritual books with greater passion. I wanted answers. What was happening to me?

I was not employed full-time while providing consulting services. For the most part, everything was done on a part-time basis, and the income I derived from it was never enough to support the way of life my family and I were used to. We didn't live lavishly. Rather, it was a comfortable lifestyle with a touch of simplicity to it. Nevertheless, I began to draw on my annuity in order to maintain it. This translated into serious tax consequences because of the early withdrawal penalties associated with pre-tax savings. My nest egg began to shrink and my fears increased every time it did.

Somehow I always felt that things would work out because I prayed to God so often for help. Sooner or later I'd get lucky and things would right themselves financially. But they didn't. Over time my consulting income began to dry up. Nothing I did to sustain it worked. And I found myself drawing more and more on my reserve of savings. Eventually, I began to draw on the equity in our home. I was sick to my stomach.

While consulting, I also explored different scenarios for income and considered many different options for employment. These included downsizing our lifestyle, buying a small business, starting one, relocating, and on and on. Nothing fit or felt like a solution. In the end, we stayed put always hoping for a big break.

From 1996 to the end of 1998, the passage of crises and hardships intensified, and picked up pace to such a degree that I found myself reaching out to God in ways I never thought possible. I did this to hold onto my sanity, and to prevent myself from slipping into a state of permanent hopelessness and despair. This was uncharted territory for me, and I'm not ashamed to admit that I was scared. For the first time, it seemed that no matter what I did or how hard I tried to preserve the status quo I had lost control of my life. One thing was certain. Nothing worked anymore.

There I was. My external world was falling apart all around me while at the same time my inner world was being turned inside out and upside down. At the same time I was losing all sense and feeling for of the rhythms, patterns, and routines of every day, ordinary living. All of it had defined who I thought I was for most of my life, and the entire, structured world I once knew was dissolving away before my very eyes. It was as though I was still in the world, but with each new day less and less of that world was within me. It was a painful, sordid mess.

No matter how hard I tried, I gradually lost control of my professional and personal life. Everything that worked in the past to ensure survival and provide a generous

income for my family failed miserably time and time again. My indomitable spirit was breaking, and I began to lose heart. I was crying now on a daily basis. Regardless of what I did it felt as though something else was guiding my destiny, and *it* was determined to take me down a different path that needed to be followed for some unknown reason. Eventually, the entire experience shattered the way of life I had known and enjoyed for so many years. I assure you, breaking that mold was a very painful process.

Crises can come in different forms any one of which can bring on pain, suffering, and if severe enough, the real threat of mental and physical breakdown. Financial ruin, major decisions going wrong, a challenging divorce, loss of one's home, the break-up of family life, business failures, the collapse of one's career, lack of employment, loss of control over one's life, runaway debt, back taxes unpaid, qualifying for bankruptcy, lack of purpose and fulfillment, profound loneliness and despair, years of intense depression, loss of confidence and self-esteem, loss of identity, borrowing from family for one's daily needs, becoming destitute, or any combination of the above can seriously ravage one's mind and emotional stability. I've experienced all of these things over a thirteen-year period, and each was more than enough to get my undivided attention. When added together in such a short period of time, the collective weight of it all suffocated me, became unbearable, and brought me to the point where it was extremely difficult to function normally in everyday reality.

I often cried for my family's hurt, their confusion, and the pain I know they went through during their quiet moments. After all, they had always depended upon me for the stability and security I brought into their lives, and I truly enjoyed providing those things for them. Although I did my best to hide it, especially in front of the children, the weight of it all gradually crushed my spirit and shattered my psyche into many pieces.

There were times I felt a complete mental breakdown coming on that would finally put an end to my everyday reality and the pain and anguish that went with it. Whenever that happened, I would simply lie down on a bed behind closed doors and helplessly wait for it to begin. It never did. Somehow a little something from God would find its way into my life to gently pick me up, dust me off, pat me on the back, and keep me on the path. Then I would weep in the silence of my space because I knew that God loved me.

As I questioned why these things were happening to me, I prayed to God with greater passion and intensity. In the process, I continued to experience an extremely profound and radical spiritual awakening, for which I was totally unprepared. And yet it had a miraculous effect on me. For the first time in my life, amidst all the personal torment and upheaval, I began to discover who I really am, what I'm doing

here on planet Earth, and more importantly, who I really want to be. Most importantly I fell deeply in love with God. In spite of all the pain and suffering, life began to make some much needed sense.

There was nothing gentle or subtle about my transformation and the inner journey of discovery it created for me. It has been a powerful, complete, radical, expansive and breathtaking experience that has touched and embraced my soul in a very deep and profound way. In its wake, the "me" I once knew has been thoroughly rearranged and it will never be the same again. It is irreversible. I've awakened. And it feels right.

I shared this part of my life with you for good reason, but I am not the real story here. What happened to me is nothing more than a small but very real example of what is, and most likely will be taking place, all over planet Earth in the coming days.

Today many individuals are experiencing some form of trials and upheavals in their lives as I did. The very foundations of their world are shaking and giving way as unexpected events and circumstances suddenly challenge their way of life and the false beliefs associated with it. In many instances, it has created a great deal of conflict, change, fear, pain and anxiety. But that is exactly what it is meant to do. Then and only then will we have the opportunity to turn within and discover who we really are.

As we race past the year 2,000 and the start of a new millennium, the winds of change are blowing harder than ever in the face of mankind. As we lean into this gathering storm of upheaval and transformation, humanity is finding itself at a crossroads that has never been reached before. More than six and a half billion people have come to experience life on this once magnificent planet, and it is literally dying to meet the greed and needs that stem from far too many of them.

Although some good things are emerging in our world today, our celestial home is in trouble. Big trouble. It is no longer the secure and stable place many have dreamed it would be. We are at a turning point unlike all others. Humanity has reached a time of choosing. And there is precious little time left to do so.

As you read these words, we find ourselves in a twilight zone between the fading Age of Pisces, which has endured for some 2160 years and the birthing Age of Aquarius. We are caught in the tension and friction of their conflicting energies and influences. Individuals, couples, relationships, fear-based institutions, and the like are being challenged, and everyone and everything is being affected by it. There is no place to hide from what is coming.

Aquarius, with its penchant for honesty and truth, will bring our fears and the questions about human existence to the surface. In so doing, we will be given the opportunity to discover who we really are and what we want to do with that awesome knowledge. Then and only then will we be able to enter into and experience the fullness of this New Age, whatever and wherever it might be.

Navigating our way through these turbulent and fluid times, both economically and socially, and the unsettled feelings accompanying them, will be a challenge for everyone. Sooner or later all will be affected. As with any birth, there will be the pains of labor before the joy of what has been born among us can be fully appreciated.

Just one thing, and only one thing, can help us travel through these times, soften the pains of birth, and intensify our ultimate joy: Our reconnection with the divine and the God-centeredness that comes from it. To help achieve that state of awareness and being, we need to contemplate and answer as best as possible the questions posed in the opening words of this Introduction.

I humbly offer my perspectives and insights to help you do so.

PART I

~ 1 ~

God

"What you call God is the sum of all consciousnesses, and yet the whole is more than the sum of Its parts. God is more than the sum of all personalities [souls], and yet all personalities are what He is."

~ Jane Roberts
The Seth Material

We will never be able to define or fully comprehend all that God is. Our Source is simply too vast, too enormous an intelligence, and much too infinite in makeup and design for our limited minds to take in and understand.

As you will see in the coming pages, describing God is impossible and always will be. Why? Because All That Is is constantly evolving and becoming a greater and grander version of Itself, just as we are. What God was the moment you started reading this sentence is different than what Father/Mother has become by the time you've finished it.

What we can do, by divine design, is get a "feel" for our Creator, a sense of who our Source is and what role our all-loving God plays in our existence. In fact, it is easier and far more rewarding and exhilarating to experience and *feel* God than to define All That Is. A good analogy for this would be to first read the definition of love in a dictionary, and then compare that experience to the profound feelings one has when actually falling in love.

Allow me to begin by describing what I believe God is not. That's a lot easier place to start from.

I was born into Catholicism in 1941. Within days of my first breath, I was quickly baptized to remove the stigma of original sin that my "impure" physical form and soul brought forth into this world.

Like so many other loving parents who meant well for their children, I grew up in typical Christian fashion. My parents were balanced about it, but the "Catholic system" I entered was not. Parochial school, Catechism classes, Confirmation,

Sunday mass, mortal sins, venial sins, countless confessions, meatless Fridays, fasting, communion, an unyielding "God" who judges us, and eternal damnation in hell for practicing birth control, missing mass on Sunday, divorce, sins of the flesh, and a host of others too numerous to mention. In spite of all these do's and don'ts, I was far from saintly. And as I matured into an adult, my religious mind-set was one of guilt, confusion and disbelief that was not brought on by my parents, but the religious institutions that were part of my formative years.

The older I got the more I began to think for myself. This led to more questions. It really crystallized for me one day while attending undergraduate courses at a Jesuit University in the Midwest. At one point I decided to ask the priest who was teaching a theology class the following question: "Would I be sent to hell for going to mass every Monday of the week instead of every Sunday?" I never received a straightforward answer to that question and my doubts and suspicions continued to multiply.

From that point forward, the religious dogmas and practices that had conditioned my innocent mind at an early age made less and less sense to me. The only thing that *felt* right was Jesus, and His words of wisdom, compassion, love, and forgiveness.

Jesus' father, our supposed "God," was a stern and often-times angry and fearful old man sitting on a throne judging what to do with all the Earthly souls who had taken their final breaths. Those who passed his test would go to paradise, while others less fortunate would burn in hell for eternity. In-betweeners were sent to mysterious places such as purgatory and limbo. The Church would gladly intercede and reduce the amount of time a departed soul would spend in these dubious places of purification after receiving donations from their parishioners. And where was God's home? Somewhere in the heavens far away and very separate from me.

In Biblical teachings, God was also someone who got angry, started wars, was jealous, singled out the Jews as his Chosen People, brought floods, famine, plagues of gnats, reptiles, locusts, hail, and other hardships on his children. He also demanded that living things such as baby lambs and doves be killed and offered as blind sacrifices of worship and faith to him. And on and on.

Incredibly, the Torah, which is the most important document in Judaism, actually describes how God went through Egypt killing the firstborn children of the Egyptians because the Pharaoh would not free Israeli slaves in his possession. At the same time, he *passed over* the houses of faithful Israelites and spared their children the same kind of death. This is the origin of the Passover feast, which is celebrated to this day.

And how did these godly misconceptions begin? Hundreds of years before Jesus was born, the Old Testament of the Bible was first put into written form. It was based

upon word-of-mouth teachings that had existed among the ancient Hebrews for many generations. Up through modern times it has always been steadfastly believed and dogmatically enforced that the origin, inspiration and words for the Bible came directly from God. For many believers it is *the* infallible truth and should not be questioned.

This is exactly where it comes apart and breaks down for me. The fear-based descriptions of God described above can be found in any Bible, which is the cornerstone for Christian religion. When I bring them to the heart, my ultimate source for filtering and measuring truth, something is seriously wrong. It doesn't *feel* right nor does it resonate with the highest thought I can have, which is love. On the contrary, it smacks of agenda, control, and the use of fear-based, patriarchal manipulation with a self-serving agenda at its core.

Historically, we have cast our idea of a cruel and judgmental god in our own image and personalized him. Over the centuries those who self-proclaim infallibility in the Vatican built a worldwide religion around this core belief. It has been this way for several thousand years. All of that is changing rapidly, and will continue to do so in dramatic fashion.

Although the fearful dogmas and doctrines of these self-serving, religious organizations will eventually die out, our belief in God will not. Blind faith in what God is and does will no longer work for many disappointed followers who find themselves in organized religions. Rather, these disillusioned souls will seek to know God by searching for the truth. And they will discover it in their hearts.

For years, I was lost in this maize of religious contradiction and confusion. I had no alternative explanations of God to turn to until I began to read the New Age, spiritual books that came into my life in 1991. That's when it all started to make sense for me.

I first began to develop an entirely new awareness of God in 1995. It happened when someone gifted me with a newly published book called *Conversations with God*, Book I. After the first few chapters it felt as though the "wisdom of the ages" had fallen into my hands. More importantly, while reading this book I fell deeply in love with God, and I consider this the highest and most meaningful experience in my life.

Conversations with God ultimately grew into a series of three books. They went on to sell millions of copies worldwide, could be found on the New York Times best seller list for years, and have been changing the perceptions and lives of their readers for more than a decade.

The simple yet extraordinarily powerful teachings and revelations in these books touched something deep in many people starving for credible explanations of life's meaning and purpose. Clearly, they were hungry and ready for the answers that God provided about their origins, creation, religion, death, reincarnation, heaven, hell, relationships, sex, how Spirit interacts and communicates with us, and many other mystical concepts and teachings that not only made sense to them but also *felt* right at the soul level.

How did *Conversations with God*, Book I and the two others in this trilogy begin to change my feelings and perspectives about God? First and foremost it helps a great deal if one is truly searching for the truth of things as part of an inner journey of Self-discovery. In many instances, a serious life crisis, complete with pain and suffering, serves as the starting point for such a journey. It sets the stage and sensitizes the seeking soul for the most powerful realization of all: that God is not only within each and every one of us, but that we are actually a part or portion of God. Once we accept this we then want to know more about that God because it is the ultimate starting point for waking up to who we really are.

For me the most compelling aspect of these books was an awakened sense of who God was and how our Source interacts with us all the time, if only we would pay attention and learn to listen. As I read the words in these books, it was like rediscovering the best and most caring friend I ever had.

Sometimes God's words were so full of wisdom, common sense, humor, and ease of understanding that I wanted to punch the air and shout with joy. Then there would be times when God would say things in such a powerful yet non-threatening way that I was genuinely humbled by it. I was truly in awe of my Creator, and so thankful that it was this way.

Other times there was so much tenderness and love in God's words that tears filled my eyes. What touched me the most was Spirit's expression of compassion, unconditional love and forgiveness for us *no matter what we do*. The wisdom given by God for this purest form of love was easy to understand and accept. It was a very comforting and humbling realization for me.

Page after page of experiencing and feeling Father/Mother this way began to add up and create a very powerful rush for me. Feelings of incredibly deep love began to stir and awaken inside of me I never knew existed. It was as though that love was always there but had been lost and forgotten over the ages. The emotional charge behind this realization was so intense that I often found myself sobbing and crying during moments of silence and contemplation. And I would wonder where I had been and what I had done over the ages to lose this divine connection.

At the same time, I could see how God truly began to help me after crying out for it four years before the first of these books journeyed into my life. I also understood that all the pain and suffering that was driving my inner journey of "rebirth" and transformation was serving a much Higher purpose than I anticipated or could fully appreciate at the time. All of it came together in a moment of intense realization and set the stage for my falling deeply in love with God. Why? Because I knew that God truly cared for and loved me.

Here is one of the passages in the early part of *Conversations with God*, Book I that touched me very deeply. It was such a contrast to what I was taught during the early years of my life.

God speaking:

"What do you think brought you to this material? How does it come to pass that you are holding it in your hands? Do you think I know not what I'm doing?"

There are no coincidences in the universe.

I have heard the crying of your heart. I have seen the searching of your soul. I know how deeply you have desired the Truth. In pain have you called out for it, and in joy. Unendingly have you beseeched Me. Show Myself. Explain Myself. Reveal Myself.

I am doing so here, in terms so plain you cannot misunderstand. In language so simple, you cannot be confused. In vocabulary so common, you cannot get lost in the verbiage.

I will speak to you if you will listen. I will come to you if you will invite Me. I will show you then that I have always been there. All ways."

This is the God that feels right to me, and my heart instantly identifies with it. This is the Creator that makes sense to me, and my soul continues to provide reassurance that it is so. This is the Source I want to connect with and never separate from again. And there is something deep inside me which unerringly knows that this is Truth.

Words from the spirit, Seth, offer us some additional insights about the nature and makeup of All That Is that we can contemplate:

"God, therefore, is first of all a creator, not of one physical universe but of an infinite variety of probable existences...

Now: God is more than the sum of all the probable systems of reality He has created, and yet He is within each one of these, without exception. He is therefore within each man and woman. He is also within each spider, shadow, and frog, and this is what man does not like to admit."

"All portions of All That Is are constantly changing, unfolding and enfolding. All That Is, seeking to know Itself, constantly creates new versions of Itself. For this seeking Itself is a creative activity and is the core of all action."

There is a lot to wonder about here. First and foremost we are told that God is a powerful creator who uses free will when doing so. This revelation is consistent with virtually all religious, spiritual, and metaphysical teachings that we are aware of.

What is different with these thoughts and others I came across in the alternative-minded books I've read, is that God is far from being a static, motionless force. Nor is He finished with us and all else that exists. On the contrary, God desires Self-expression, is still very much a highly energized creative force, will never stop being so, and neither will we. Recall, we were made in God's image. Another way to say this is that we are a miniature version or extension of Father/Mother God much like a child that is created by, and a reflection of, a man and woman.

We are also told that God is *everything* that exists be it the smallest subatomic particle of an atom, a bird, the book you're holding in your hands, you, a star, a mighty galaxy, all the universes and dimensions that exist, and all that is contained within them. In fact, God is bigger and far more infinite than this.

How can anyone attempt to define and comprehend such a Supreme Being and know what It is? Is it any wonder that the ancient mystics, and all the great teachers who have come to this planet to help us find our way, simplified it all by saying that, "All is ONE."

If that isn't enough, this incomprehensibly infinite intelligence and energy we refer to as God is constantly becoming a greater and grander version of Itself. In the book, *The Seth Material*, we are told that God passed through human stages so long ago that it is impossible to define that period of time. Furthermore, God does not know if He is the only "Primary" in existence, and is constantly seeking to know whether

others like Himself exist. What All That Is does know is that something else existed before It existed.

It is this constant searching to know what's "out there," and the innate desire to create and know Itself, that drives the divine nature and actions of God. We do the same thing on an infinitesimally smaller scale because we are children of God.

Insignificant as we may seem in the eyes of God that is far from the case. You will see in the pages to come that Spirit's dependence on us for His/Her own awareness, knowingness and evolution is intimately connected to each and every one of us, so much so that the next time you smell a rose, Mother/Father God smells a rose.

Seth's words also reveal that in some mysterious way God is more than everything that has been created. This suggests that everything which exists came from the mind of a Supreme Being who has the ability to project into existence anything It wants to, and whenever the desire presents itself. It also implies that It can withdraw from existence that which has been created when the time is right and its purpose has been served. Eastern mystical teachings call this outflow and inflow of divine creation "the in and out breath of God."

Another one of my favorite books was written by Ken Carey. It's called *Vision, A Personal Call to Create a New World*. Like *Conversations with God* it is one of a series of books that contain information from otherworldly sources. Once again, the wisdom in this book resonated with a part of me that says, "This is Truth." This is what was said about God:

"In the beginning of all worlds, long ago, yet still, the Eternal One Is. Beyond temporal distinction, above location, behind all manifestation, is the All, the Totality, the Holy Source and Creator of all that later came.

One face of the Eternal One is ever formless and beyond definition, but the other face of the Eternal One appears as Two. These Two, between them, are the source of all created things."

Interestingly, the words, "These Two, between them" highlights the interplay that took place between two primary creator beings who were responsible for all that is now in physical existence. The words in this book go on to explain that the "Two" are called "Holy Mother" and "Holy Father."

Much has been written about the gender of God. It can be found in the metaphysical books I've read, the mystical teachings from the Far East, and the mythological

wisdom of ancient civilizations. In them one finds the consistent notion that God is neither male nor female, but both. And why shouldn't it be that way?

In the Eastern world, the Bhagavad-Gita is considered to be one of the oldest and most spiritual books the world has ever known. It contains revelations given to mankind more than five-thousand years ago by Lord Krishna, the Supreme Lord of all creation. Interestingly, Lord Krishna is a loving, caring deity Who gives humanity the teachings needed to establish their eternal relationship with God.

The wisdom in the Bhagavad-Gita has influenced the thoughts of some of the world's greatest minds: Mahatma Gandhi, Albert Einstein, Carl Jung, Albert Schweitzer, Ralph Waldo Emerson, Sri Aurobindo, Aldous Huxley, Paramahansa Yogananda, and many other highly respected thinkers. One could say that the insights found in this sacred body of spiritual knowledge do not side with any religious affiliation or belief system. On the contrary, it is loving, compassionate, balanced, and wisely avoids the separatist notion that "my God and my religion are the only way to salvation."

The concept of God in the Bhagavad-Gita, when blended together with other important sources of Eastern mystical wisdom such as the Upanishads and the Vedas, is very similar to what I've read in New Age books. That is, God, the Absolute, the Supreme Lord, is unknowable, beyond description, is all that exists, and is in the heart of everyone. Each man and woman is divine in nature because they are a part of their Creator. As such mankind has the potential for infinite evolution just as their Source does. The Earth and all of its living things are divine in nature and God is within all of it.

Hinduism, a diverse mixture of religious beliefs and traditions, is the world's oldest religion with over one billion followers. Not surprisingly, their most important sources of spiritual teachings are the Bhagavad-Gita, the Vedas and the Upanishads. Amongst other things, they believe that God contains both male and female qualities and consider God a Father, Mother, friend, and savior. In the Bhagavad-Gita, Lord Krishna says, "I am the Father of this Universe. I am the Mother of this Universe, and Creator of all. I am the Highest to be known, the Purifier, the holy OM..."

This same Father/Mother description of God can be found in the sacred knowledge of the Kabbalah. We are told that the mystical Hebrew doctrines that form this body of spiritual wisdom originated from angelic sources. The teachings it contains were passed on orally, generation to generation, beginning with Adam, until put into written form during early Christianity.

The Kabbalah describes the Mother aspect of God, which is responsible for production or bringing things into physical existence. The masculine side of God, the Father, is responsible for the maintenance and continuance of what the Mother has birthed. Both the Father and the Mother are conjoined in a bond of eternal love for one another and Their sacred work of creation will never end.

When we look back into the distant past to a time of more than five thousand years ago, human history gets sketchy and murky. Historians have to depend on old relics and bones, decayed statues and carvings, primitive paintings, incomplete writings needing translation, legends, and mythological teachings from diverse ancient civilizations. Nevertheless, within this maize of information, one can connect dots and discover that there apparently was a time when God was considered a woman, and only a woman. It was the Age of the Goddess.

During those ancient times, the real power belonged to a human goddess who would rule a particular community, nation or civilization. That feminine supremacy extended well beyond the ruling level and infiltrated all of society. Because of it, women presided over families as wives, and were worshipped as mothers who bore and nurtured children. Men accepted their role as being subservient to their female counterparts.

In a more heavenly direction, the concept of Goddess went beyond women to include Earth Mother and her powers of fertility. Then there was the most supreme being of all: Mother God, the Goddess of Goddesses.

All of this began to change approximately three- to four-thousand years ago. Men had somehow managed to slowly wrest power and control from the women. Over time the masculine energy gradually became the dominant force. This was especially apparent in Mid-Eastern societies and cultures where brute strength and aggression were considered necessary to protect the women and children from other warring factions and nations.

Out of this shift in the balance of power, the oral traditions of the Bible emerged and a God of Wrath, entirely masculine, was born. Under this form of religious and cultural dogma, women slowly became subservient to man.

Over the past several thousand years the nature of God was shaped by man's need for physical survival. War, aggression, and separation forced much of mankind to be cruel and powerful in order to survive and dominate. The needs behind such actions prompted man to define God in the same way. Through this day, this vengeful type of god continues to be worshiped by many Christians, Jews and Islamic people.

There is a powerful and unexpected shift of energy taking place on planet Earth these days. It seems to have come out of nowhere. However, nothing happens by accident in God's universe. The power of the divine feminine is returning. And it will forever change the nature of humanity.

During the past century, women have begun to reclaim what is rightfully theirs and they are gradually becoming equal to their male counterparts. There is still much to balance and right here, but it will happen. And it will not go away.

As the feminine rises, in women and in men, humanity will come to accept that God is a sacred and magical blend of the yin and the yang, the feminine and the masculine, that reflects the divine attributes of Mother/Father God. And during the coming times, partners in loving union will seek the same makeup and balance within their relationships because it will feel right in their hearts.

It is plain to see that over the ages there have been many different ways to define the nature of God. Interestingly, knowing whether God does or doesn't exist, and what this God is or is not about, are the most important questions we can ask ourselves. And yet, for some divinely perfect reason while we are here on Earth, God's definition and existence remains mysterious yet tangible, unresolved but knowable to some degree. It's as though we are trying to grab at the wind while at the same time trying to hold on to it. There must be good reason and purpose for this. And there is.

Advanced souls such as Mother Teresa, Jesus, Buddha, Mohammed, Sai Baba, and the like cannot prove the existence of God to you or anyone else. Nor can they fully define the nature of All That Is. For divine reason, it will always be this way.

All of us here in physical body are left with one choice: to search, experience and *feel* God on an individual level. Then, if we choose to, we can try to put it into words. But those words will not be adequate to describe the profound inner experience it was meant to be. Nor will they be fully understandable to those who read them.

It seems that each and every created soul has his or her own idea of what God is and isn't. As we evolve through eternity with our Creator, each of us will be revising and expanding our definition of All That Is on an ongoing basis. That image will change with new information, experiences, and the feelings that derive from them. And that is okay in God's eyes. In fact, it was meant to be that way. But, one thing will not change through it all: God's unconditional love for us.

Once again, the reader should take all of this to her or his heart and see what *feels* right.

"I am the Presence where there is no time but the eternal now. I am Alpha and Omega, the source of all beginnings and the completion of all cycles... I love because I AM"

~ Given to Ken Carey by God
Vision

~ 2 ~

Creation

"Its [God's] energy is so unbelievable, that it does indeed form all universes; and because its energy is within and behind all universes, systems and fields, it is indeed aware of each sparrow that falls, for it is each sparrow that falls."

~ Jane Roberts
The Seth Material

How did everything in our known physical universe begin? Where did it all come from? How did it happen? What will become of it? These are some of the most compelling mysteries humanity has been trying to understand for thousands of years.

For answers, we can look to the teachings of diverse cultures that are scattered throughout the world. Or we can ponder the revelations given by otherworldly sources to individuals who have shared them with humanity all the way up through present time. Then there are the scientists, who also have something valuable to say.

Regardless of the source, the information we are left to wonder about has been remarkably consistent when one connects the similarities that exist among them. What does it all say? Here is my best portrayal of these insights.

Before the stars were born there was a vast and infinite Silence. Within that perfect stillness, the incomprehensible mind of All That Is was in deep thought. Only love existed, for that mind and love were inseparable, one and the same, everything. There was no time and no space as we know it now. Just God, the Absolute, the Silence.

At some point, who can say when, it must have happened. A yearning or perhaps a sense of loneliness began to stir. It must have brought forth an irresistible urge to share and to create. For share and create It did. One can only imagine what went into that incredible act of love. And yet it seems fair to say that Absolute Love can only create and bring forth more of Itself, more love.

It also had to be right, perfect, and complete in every way, for this creation was to be an extraordinary gift that was to endure for eternity. Forever. From the smallest

particle to the countless stars and galaxies that would burst forth in an instantaneous expression of that almighty power, it had to be just so.

It may have started with the thought of a tiny particle so small, so pure that it could not be broken down into a simpler form without ceasing to exist. That particle and others to follow had to be flawless, for all the stars and planets would contain countless numbers of them.

It's not hard to understand how that tiny particle would contain the essence and energy of its Creator. And if it came from Absolute Love, it also had to be love. Could it be any other way? Think about it. If that precious, tiny particle was to flow from just one Source, would it not contain its entire Source, and be part of that from which it came? Where else could it come from? At that moment all there was ... was All That Is.

It would seem that such a particle, in some special way, also had to have an awareness of itself, a sense of its own existence. If it was going to be an extension of the divine mind, would it not have some consciousness of its own? Would it not contain a part of the Original Consciousness from which it came, and always be aware of its eternal oneness with its Source?

And if an awareness did not exist between the particle and its Creator how could one possibly know and appreciate the other? Each had to experience the other for the act of Love to be complete, for the feeling to be whole, to be right. And God knew the way in which such feelings would be born.

There must have been an immense joy in the mind of All That Is when this idea first started. If one tiny particle could bring so much pleasure, then imagine what a second beyond the first must have inspired.

As the possibility of this idea began to unfold within the mind of God, the wonder of it all must have been overwhelming. For each particle, one upon the other could then become planets, stars, galaxies and who knows how many universes and other cosmic wonders. All of them intimately unified and one with their Source. All of them Love, one gigantic extension of their Creator, connected, conscious, moving, alive with energy and feeling, forever changing and becoming something new.

And for those special creations yet to come, the ones who would be called souls, there would always be something for them to wonder about, contemplate and relate to. All That Is also knew that It too would become more love if this happened. There would be more love, more of Itself. And that was good.

But something was still missing in the plan. This creation not only had to unfold without end, it also had to satisfy the Almighty's desire for eternal love and everlasting companionship. This is a very big thought. What really makes it hard to comprehend and appreciate is the *eternal* nature of it all.

If God's creation was to go on forever, then it must always be changing into something new. Not only must it be "breathed" out, but breathed back in so that all that had been experienced and felt could be contemplated and sent out again. The divine plan would have to guarantee an endless sense of excitement, meaning, fulfillment, and adventure with it all. In this way, all could evolve endlessly, and become more than what it was.

All That Is knew these things. But *knowing* just wasn't enough. In the Absolute void, one cannot *experience* and *feel* anything. All that exists is pure love and bliss. In this state of exquisite joy, there are no opposites, no conflicts, and no ways to compare one thing to another. Just the purest love, joy, peace and total oneness imaginable.

Awareness or knowledge of something is just the beginning, an incomplete state of mind if you will. It always sets the stage for more because the knowingness of something is not the same as experiencing it. And all the fun, all the excitement, all the drama is in the experience and in the feelings.

This was an interesting dilemma. Something very special was called for to resolve it. Conflict could not exist in God's mind. And resolved it was.

The endless nature of God's creation, and the experience and feelings that would derive from it, had to be accomplished outside the realm of the Absolute. This new place would be called "universe" and it would be filled with countless planets, stars, galaxies and other cosmic miracles for all to behold and experience.

The universe was also a place where there would always be a way to compare one thing to another. Every time that was done feelings would be born. And these too could be compared as well.

The universe would be a world of duality where everything that existed had an opposite. Warmth could be compared to cold, day compared to night, love compared to hatred, health compared to sickness, strength compared to weakness, deception compared to truth, anger compared to peace, feminine compared to masculine, bitterness compared to forgiveness, happiness compared to sadness. Countless comparisons. Infinite feelings created. Eternally unfolding. A world in which its Creator could also experience and feel it all. Through us.

The plan was nearing completion. Yes, All That Is would always remain as the Absolute, beyond definition, as the Eternal One. But to satisfy the desire for constant creation, and the experience and feeling that goes with it, God would also extend a portion of Itself into this new world of the opposites. This extension of Itself would become the ultimate *ordering principle* of love and matter, the grandest expression of our Source in the created universe.

The ordering principle was Father/Mother God, who would be distinct from, but always an intimate part of, the Eternal One. These two creative beings, the masculine and feminine aspects of God, would themselves be separate in nature and consciousness, yet always united in universal purpose.

As two ageless lovers they would be forever caring, always creating, and endlessly united with each other and all things. Through them, through this ultimate of holy unions, all of the material world would be conceived, born, and sustained.

These two partners, the ultimate expression of the twin soul, were to be the Parents of the universe. And, with All That Is, the Three would join in a timeless dance of unalterable consciousness, an eternal Trinity of Love to which all else would forever come and return.

Now the plan needed just one more part for completion.

Along with the experience and feelings that were to be an integral part of the new universe, All That Is also wanted eternal companionship to share this gift with. And so the best was saved for last.

Father/Mother was a grand beginning, but God foresaw that They would want to fill the universe with children, Beings of Light, who could have a material experience and be a part of the eternal changes that would take place. Since All That Is wanted to experience the Universe as well, what more intimate way to do so than through these divinely created spirits?

All of this had to be accomplished in a very special way. The children would be called souls. Like the tiniest particle, each would exist as a portion, an extension, of their Ultimate Source and always be ONE with their creator. And through infinite wisdom, God also knew that our souls would always define who we really are.

The plan was finally done. All That Is knew the time had come. That point when the process of divine contemplation and imagination had reached completion, and It was moved to create. Our souls danced with joy and expectation.

God gathered Its precious plan and the Father/Mother Principle into a single, incomprehensible thought. A sacred singularity that was perfect and complete in every way. Then, in a way beyond description, in one instantaneous, explosive burst of Its almighty will the vast silence was broken with the first sound ever created. God had spoken. Time and space had begun with a Big Bang. And our scientists have recently measured this sound.

The sound of Love that resulted from the Big Bang echoed throughout the universe. It must have been awesome. Inspired and guided by the original thought of All That Is, Father/Mother brought their swirling worlds of matter into being. Who can say how much time went by, but as they admired their stars and planets, love also grew and flourished. All that existed contained their combined essence, and because of it everything became one and the same with their Source. Their loving interchange would become a timeless ideal for all relationships, and the sacred meaning of being two yet one in spirit.

As they gave each other stars and galaxies with unconditional love, Father/Mother sustained their intimacy in ways beyond description. The ecstasy that came from the blending of themselves into their acts of creation caused a new idea to unfold within their cosmic minds and hearts. The most compelling thought two loving parents may have. The possibility of creating living seeds of themselves. That would come.

The event that gave birth to the physical universe began with a series of mind-boggling events some 14 billion years ago. Let's go back to the beginning where creation first started by way of several brief, yet compelling, scientific observations

Our best scientists have discovered that all of the physical matter in our universe, the countless planets, stars, galaxies, and everything that can be observed through the most powerful telescopes, add up to just a fraction of the stuff that actually exists out there. And yet, at the first moment of creation, all of it, every last bit of what we can see, as well as everything we can't see, was somehow compressed into a single point of incomprehensible energy *smaller* than the period under the exclamation point of this sentence! Another way to say this is that everything we know of in our physical universe came from virtually nothing!

Another thing that should make us wonder about the creation can be found in extremely small particles of matter called atoms. The simplest of these is hydrogen. It consists of a center or nucleus. Flitting around this central particle is a tiny electron whose constant motion resembles a blurry cloud of energy. As one might imagine, a single atom of hydrogen is quite small, and it seems to have an endless source of energy at its disposal. That tiny atom vibrates back and forth about a million billion times every second! Left undisturbed, its motion and existence would

seem to go on forever without end. Where did it get this source of seemingly infinite energy?

Even more incredible are recent discoveries that tiny electrons not only react to stimuli, but act as though they have intelligence and the ability to communicate with others of their own kind. Here's more. If a single electron is fired like a bullet at a barrier in which two slits have been cut, it can pass through both slits simultaneously! And if that isn't enough, electrons have been shown to vanish and rematerialize on the other side of solid objects "knowing" in advance which objects they can pass through and which ones they can't. Such observations have some of our scientists seriously wondering if these tiny particles might possess some form of consciousness. If such is the case, where did it come from?

The amount of heat that would be created if all the visible matter in the universe was compressed into a speck smaller than the head of a pin has also been estimated. The temperature produced by the force of this compression is simply incredible. Imagine the number one with about thirty-three zeros after it in degrees Centigrade!

The enormous heat of compression that would have existed at the moment of the Big Bang forces our scientists into a very uncomfortable position. They know that everything that was compressed into that tiny space could not be physical matter! Why? Because of the intense heat, it would have been impossible for any solid particles to even exist at that moment. It was just a spec of pure, unimaginable, indefinable energy.

The grand finale came when this point or singularity of energy was released to begin the birthing process of our universe. The bang that shattered the silence must have been stupendous because we can still measure its sound. However you wish to look at it, this event was either the most cataclysmic moment that can be imagined or it was the miraculous handiwork of our Creator at play. And it happened not so long ago.

Centuries before our scientists arrived at these graphic descriptions related to creation, the Buddhists expressed the same idea by calling the ultimate reality *Sunyata*, which is the "emptiness" or the "void." In spite of these seemingly mysterious terms, the Eastern mystics make it perfectly clear that the emptiness they refer to should not be taken literally, but must be considered the Source of all potential creation. Perhaps the nothingness of the infinite void that our scientists grapple with conceptually is nothing more than the Absolute that has long been referred to in the ancient teachings of Eastern mystics.

The Big Bang created more than the stars and planets. It also was the beginning of time and space. The sheer size of the universe our scientists observe and attempt to describe is daunting. Incredibly, no matter which way they point their most powerful instruments they have yet to find the outer edges of the universe. But it is there and they are getting closer and closer to seeing it as it moves outward with unimaginable speed into nothingness.

Along the trailing edge of our expanding cosmos something utterly amazing is taking place. In the wake of that trailing edge of expanding energy, the birth of new time, new space, new galaxies, and other celestial wonders is still happening as you read these words.

Our scientists are to be applauded. They too have gifted us with incredible knowledge about the origins of our universe. This in turn has stimulated us to think about how we might fit into it all. Mostly, it forces us to wonder how such an incredible event could possibly be the result of a random, cosmic accident.

Interestingly, more and more of today's scientists are wondering out loud if this whole creation event had not been *orchestrated*. It's hard to ignore the intelligent design, the symmetry, and the underlying unity that the universe displays through its many individual parts. It can be found in something as small as an atom, as intricate as a snowflake, or as large as a supercluster of galaxies.

George Smoot won the Nobel Prize for his work on the origins of the universe. In his book, *Wrinkles in Time*, he had this to say about the tiny spec of energy that gave birth to our universe: "There can be no answer to *why* such a state existed. Is this, then, where scientific explanation breaks down and God takes over...?"

For too many years scientists have tried to divide the universe into well defined pieces or separate blocks of matter that can be objectively measured with their scientific instruments. Somehow that is important to them because it makes the world they operate in more orderly and definable. And that is okay.

A better approach might be to visualize the cosmos as an unbroken whole that is alive with energy and constantly changing. The Eastern mystics have been talking about the unity and basic oneness of all things in the universe for thousands of years.

Interestingly, the ideas and descriptions of reality found in Eastern teachings are beginning to converge and overlap with the recent findings of our physicists. More than any other group, our scientists are brushing up against ancient wisdom and beliefs. Slowly but surely they find themselves invoking mystical words and concepts in order to make some sense out of their scientific observations. This is true whether

they are peering into the mysterious world of the atom or that of the mighty universe. Either way they point their instruments, the wonders are there to behold and contemplate. It's all a part of the Plan.

We are not too far from the point when the mind of the scientist meets the heart of the mystic. In a moment of enlightenment, the two will embrace in an act of love and blend their insights equally. The ancient shamans and mystics would have smiled at you with a twinkle in their eyes and gently say they've known it all along.

Planet Earth is just a tiny spec in the Milky Way galaxy, which in turn is a mere spec in the universe. A spec within a spec. This is where we live. And yet, at this very moment, we and our galaxy of more than a billion stars are being pulled through space at the speed of a million miles an hour by some gigantic unseen force. To where we don't know.

This movement is not a normal part of the expansion process because the direction in which we are being pulled is different than the apparent direction in which the cosmos is expanding.

All over the universe star systems and their planets are on the move just as we are, while at the same time countless other stars are continuously dying and being reborn. And when each sun ends its life cycle with a massive stellar explosion called a supernova, any planets and moons that may have been a part of its system will pass on as well. As will ours someday. Eventually, new stars and new planets will form in the womb of the universe as a part of the eternal song and dance of creation.

Is all of the movement, the ongoing cycle of creation and the underlying unity of the universe a result of chaos? Is it all some big cosmic accident that just happened and here we are? Or is there an ordering principle, a Supreme Intelligence behind it all that takes away the guesswork and the wondering? Although all of the recent scientific discoveries and observations have been nothing short of spectacular, our scientists are doing nothing more than studying God.

The Inflation Theory, proposed by Alan Guth in the early 1980's, has become one of the most influential concepts in modern cosmology to explain the expanding universe. It also predicts that at some point the expansion will stop and the universe will then start to collapse back in upon itself. How did the Hindus know this fourteen hundred years ago?

As we have learned, the universe is still expanding and creating new time and new space in the process. How long will this go on? Will it ever stop and begin an inward journey to where it all started? A Hindu philosophy called Tantra, that appears to

have originated around 600 A.D. to 700 A.D., teaches that the universe will eventually fall back into itself as it is withdrawn into the *Sakti*, which created it in the first place. At that time it will collapse into a *Siva bindu*, a mathematical point without any magnitude. Does this "point" sound familiar? The similarities between this centuries-old Tantric teaching and modern day creation theory are indeed striking.

Other explanations regarding the expanding universe have come from "inspired" teachings and other mystical sources. All refer to the expansion as a part of the out-breath of God. They also say that it will be breathed in someday. Recent otherworldly information says we've just about reached that point, and it is to be a stupendous moment; a convergence of all cosmic cycles, big and small. An experience that simply cannot be comprehended nor described in human terms.

In *Conversations with God*, Book 2, its author, Neale Donald Walsch, had a dialogue with God about the expansion and contraction of the universe. He was told that the universe is now expanding at an incomprehensible rate that eventually it will stop, and the forces holding in together will pull it back to where it all started ... the Absolute. And the Silence will exist once again.

Concerned about the ultimate fate of mankind, the author continues his dialogue with God:

"That means we will no longer exist!

"Not in physical form. But you will always exist. You cannot not exist. You are that which Is."

"What will happen after the universe collapses?"

"The whole process will start over again. There will be another so-called Big Bang and another universe will be born."

It will expand and contract. And then it will do the same thing all over again. And again. And again. Forever and ever. World without end."

This is the breathing in and breathing out of God."

Surely, this explanation of eternity, and the incomprehensible power and majesty of God that it reflects, is more than enough to touch and humble the most hardened soul.

~ 3 ~

Your Soul

*"First of all, a soul is not something you have. It is what you are...
Now: The soul is not a finished product."*

~ Jane Roberts
Seth Speaks

Have you ever wondered about your soul? Does it even exist? What it is? Why it was created in the first place? Where it is? What it might be thinking and doing now, if anything? And what the two of you will be doing for the rest of eternity?

For many years I never gave my soul much thought, never talked to it, and quite frankly never really understood it. All of that changed dramatically when I started delving deeper and deeper into spirituality and mysticism while trying to comprehend who I really am, and what life was really about. What a revelation this has been!

What does the wisdom from various sources tell us about the soul? Most importantly, it says that each soul is an actual fragment or piece of God. Think of it as being a miniature version of All That Is. As a matter of fact, it is God. And that means you are God.

To better understand these awesome possibilities, let's go back in time to a moment just before the Big Bang occurred. Imagine God as a seemingly endless reservoir of self-assured, conscious energy. This infinite, all-knowing intelligence was totally secure with Its existence and anything It might choose to do with it. But All That Is yearned for two things: Self-expression and companionship.

When all that is was brought into existence, God willfully changed form by rearranging and reorganizing Its very being into many individual but closely connected parts. God literally manifested a material version of Itself, and one of the countless expressions of this incredible act is your soul.

When did this divine rearrangement take place? When did Spirit become matter? At the moment of the Big Bang.

All of the God-fragments formed as a result of that awesome event are unique and discrete. Yet the whole remains intact. Every part is intimately connected in some mysterious way as ONE whole, highly conscious being. In his book, *Only Love is Real*, Dr. Brian Weiss helps to visualize this by asking us to imagine a tree in which all of the limbs, branches and twigs hold it together, the roots secure it in place, the individual leaves are souls, and the entire tree is God.

The willful reorganization of the God-consciousness into countless portions of Itself also explains the eternal nature of the soul. That is, it came from, and will always be a part of, the Eternal One. And even though this will never happen, should All That Is ever cease to be, you, I, the words on this page and everything else that now exists anywhere, instantly cease to be as well.

The divine plan continued to unfold perfectly. The Original Soul that gave birth to it began to fragment and become the newly formed realm of duality, the physical universe. First came the clusters of oversouls, each containing countless individual souls still joined together as one. At some point, the clusters divided into smaller groups, which then split into families of souls. Eventually the soul families separated into individual souls, and we came into existence. Thus, from the One came the many. And the One will form again by reversing this process when all is breathed back in someday.

One can break an individual soul down even further. Within the same soul, there is an array of soul halves that are aligned in pairs, approximately twelve in number. Each pairing is divinely preordained and consists of a masculine and feminine body of consciousness, just like Father/Mother who created them. The vibrational qualities of each of the pairs are unique and unmatched anywhere in God's created universe. Two, and only two, exclusive halves can form this perfect alignment. They are called twin souls.

As we left the Silence, God gave our souls and us two incredible gifts; the free will to do anything we wanted to and the power to create whatever we could conceive of. At the same time, All That Is wisely reminded us that we alone were responsible for how those gifts were used. And no matter what we chose to do with them we would always be loved unconditionally.

Each newly created soul instantly realized that it was a concentrated expression, a localized "clump" of the God-energy. It also discovered that a portion of the original God-consciousness was the very basis of its essence and existence. And that this part of itself was constantly attuned to the soul's journey and well being.

In some divinely mysterious way, there was no telling where one soul ended and the next soul began. All were discrete, independent and separate from one another. Yet all were joined together in sacred oneness as God ... like individual drops of water in a vast and infinite ocean of Unified Reality. And since the time of creation, no more souls have been created.

It is no different today. All that exists and I do mean everything, anywhere, is a part of our Creator. Everything we see and cannot see is nothing more than All That Is expressing Itself. Just as the individual cells in your body are joined together in a unified whole that is all of you, everything that exists is also joined together in one, infinite whole that is our Source.

Some of the most compelling teachings we have on the soul, its mode of existence, its nature and its purpose were given to us in the highly revered Indian treatise, the Bhagavad Gita. This treasured "Song of the Divine One," Krishna, was given to humanity about one hundred and fifty years before the birth of Jesus. The most fundamental and dominant thought in this Eastern Scripture is that the soul is God, it is indestructible, it is eternal, you are your soul, and therefore you are God.

Since you are an extension of your soul, is it possible that you can really be God? In one sense, you are a portion of All That Is. In another sense, you are much more than that. To understand this better, it helps to think of God as a hologram. Interestingly, some of our scientists are now talking about the physical universe as being a hologram in order to better comprehend and appreciate its nature and makeup.

In simplistic terms, a hologram is a three-dimensional image made with the use of a laser. Let's pretend we are looking at a holographic image of planet Earth. Every part of the picture is contained within the single, whole image.

Here's where it gets interesting. If one cuts this holographic image into two pieces and shines a laser on each half, two *complete* images of Earth will appear. Cut the original image into a thousand pieces, shine a laser on each piece and one gets a *complete* image of Earth from each of the thousand parts. Do it a billion times, the same amazing thing occurs. What this says is that each individual part of a hologram, regardless of how small, contains all of the information necessary to create the entire image.

Spiritual wisdom suggests that we think of All That Is as a conscious hologram. In doing so, let's pretend that all of the countless parts of God were somehow destroyed except one. You. Believe it or not, God would still exist. You contain *everything* that is needed for All That Is to *fully* reconstitute Itself. And in that sense, you are God. In fact, the unrealized God-potential that Spirit placed within you at the moment of

creation is beyond comprehension. But it is there. And your soul and you will have all of eternity to develop it.

In the book, *Seth Speaks*, we learn that our souls exist in a realm of much higher vibration than the one in which we exist. And yet it is constantly connected to us. It has its own consciousness awareness, part of which extends into our reality, and becomes the source of our consciousness. Our personalities, the part of our identities that are uniquely us, are also part of our soul's identity, and are therefore eternal.

Seth also points out that the soul is a replica of God, it possesses the same attributes as its Source, but on a smaller scale. As such, it can make its own free will choices, create what it wants to whenever it wants to, think for itself, contemplate and resolve the mysteries it faces, and is highly aware of itself, its creator, and you.

Scientists today are beginning to talk about the existence of unseen realms beyond our own. Some even use phrases such as "multi-dimensions" and "parallel universes" of which ours is a small part. Our ancient mystical friends have been telling us for a long time that this indeed is the case. One thing is for sure. We currently find ourselves in body, in the third dimension of physical existence. That is where our consciousness is now focused.

One of the most potent, if not *the* most compelling property of a soul is that it can project a portion of itself into other realities or dimensions other than the one in which it exists. Your soul has projected you into your physical body in the third dimension of reality of planet Earth. And while you read this book your soul is reading it too.

The soul breathes life into the body and it can also take back what it enlivens. As such, the immediate cause of death is not disease. At the moment just before dying, it is the soul that decides whether or not to withdraw itself from the body. If it does not, the individual lives on so that more learning and growth can occur. If it does decide to leave, the individual has done all it can for that lifetime.

Every time you cry or laugh, every time you are inspired to sing, write a song, paint a picture, knit a sweater, design a building, plant a flower, or bake a cake it is the soul expressing itself through you. In fact, every time you have a feeling, regardless of how small or profound, your soul feels the same thing.

Again, Seth will tell you that your soul is not born when you take your first breath nor does it die when you take your last. After coming into existence it can never cease to be. It is every bit alive and aware as you are, and more so. It doesn't need to rest as you do and it is constantly active and awake. Just as you are curious, your soul

is also inquisitive. It has infinite potential for conscious growth and evolution as you do. The difference between you and your soul is that it is doing all of these things, and more, at a much faster rate. And there is good reason for this.

Your soul has one singular purpose. At the moment of creation, it was endowed with an incredibly powerful desire that has no equal, and it knows it well. Like a laser beam, your soul is focused on one thing and one thing only. It is trying to become God.

This is a daunting challenge for the soul because God is constantly changing by becoming a greater and grander version of Itself. Nevertheless, the soul is unrelenting and tireless in its pursuit of God so that its most basic reason for existence might be fulfilled.

As a projection of the soul, you are doing the same thing. And it is this constant, never ending quest that exists between God-soul-you, which makes the cosmic drama so interesting and exciting. In fact, it boggles the mind.

In order to stay in hot pursuit of God, the soul does all it can to become a Higher version of itself through experience and feeling. The more experience and feeling, the faster it can try to become God. The soul knows this and takes full advantage of it by projecting more than one of you into different realities of existence at the same time in order to have *multiple* experiences simultaneously. Said another way, you're not the only projection of your soul. There are others like you.

From what I've read, depending upon its stage of development, the soul can send up to 12 projections of itself into various worlds of existence at the same time.

You are not on planet Earth by accident. Your presence here is for good reason. Even though you are here to help the soul accomplish its eternal journey, just as the soul helps God do the same, you are not a mindless puppet of your soul.

You make your own free will choices, and you shape your own destiny. Most importantly, the "you" you are aware of this very moment in time is eternal, and will never lose its identity. You will always know your "self" just as you do now. However, your nature and personality will constantly change and continually evolve into greater awareness and higher consciousness as you move through the many realms that God has created for you to experience.

Being a part of God does not guarantee that the soul makes the Highest choices all the time. A soul can drift from its most valuable reference point, God-centeredness, just as one of its projections can. When it does, it *feels* the consequences of its

decisions and reacts accordingly. If it continues to make lesser choices that create feelings of lower vibrations, the soul's vitality and potential for unlimited love and growth diminishes as well. Eventually, it reaches a cosmic dead end where it no longer feels content and fulfilled within the dark space that it has created for itself. At that point it can choose to return to the opposite of darkness; the Light.

God will never punish a soul for drifting. All That Is would not punish a part of Itself or send It to hell for eternity. Rather, the soul can learn a great lesson from the darkness it had fallen into and the feelings that it created. In fact, reentering the Light from the depths of darkness will be a far more powerful experience because of the comparisons that can be made. And the greater the darkness that was experienced, the more profound the Light will be.

Another way of saying this is that after a great deal of karmic healing Hitler's soul will eventually awaken to its true, divine nature. When it does, it will become a very powerful ally of the Light who will eventually serve God in ways that will be remarkable.

This will happen to Hitler and others like him because the soul can never lose its original purpose, which guarantees its eventual return to God-centeredness. The eternal longing to be its Source, to become God-like in every way, is unchangeable and without end. But it can be forgotten or cast aside for a while.

In spite of all its powers and knowledge, your soul, as unrealized God potential, has a real challenge on its hands. How does it become something that is never static, ever changing and constantly becoming something new and more profound all the time? That is exactly what God is. And because of it, the soul must also change and constantly evolve into more and more newness in order to keep up with its Source. Just as you do.

Another way to say this is that your soul is not the same as it was just a short moment ago nor will it be the same after you read the words on this page. Nor is God. And this timeless dance of interconnectedness with Spirit goes on for a very long time. For eternity.

Nothing can escape the influence of this unending change into newness of being that continually creates opportunities for us to become more than we are. Not the angels, the Masters, the divas of the Earth kingdom, the saints, those in temporary darkness, dwellers in other star systems, you, me, your pet canary, and all else that has been created in the material and non-physical realms. All of it, including every minute physical particle and individual wave of light that exists anywhere, is continually being swept along by the ever-flowing, ever-evolving force of All That Is.

How do God and your soul become something new and constantly change from one moment to the next? How does all of this allow our Source to know Itself? It can only happen through experience and feeling in a world where opposites are available to compare one thing to another.

Each and every soul, regardless of where it finds itself, is constantly using the gift of free will to create its own experiences and the countless feelings that go with them. And All That Is learns more about Itself from each and every one of those choices... because God is all of it.

Numberless souls throughout all of existence are connected to one another and to their Source. Their individual experiences are simultaneously realized and felt by them and by All That Is. The net effect of this gigantic interchange of knowledge, information and feeling continually alters the nature and definition of God. In the process, the Eternal One becomes something new and more profound with each passing moment, and something grander that our soul wants to become.

In a much smaller sense, these same kinds of things are happening to your soul and you. What an adventure!

Why do our souls have the ability to project themselves into different realities simultaneously? The reason for this highly unusual quality is that the incredible amount of God-energy that constitutes our souls could not possibly be contained within the confines and limitations of a single, physical body. It would simply burst and "poof" into the air. Similarly, your soul could not achieve its infinite possibilities of creation and expression through just one entity such as yourself.

All of the parallel selves that make up your soul are focused in their own realities just as you now find yourself focused in the physical reality of planet Earth. Each of them, and you, go forth to experience, learn and grow. In the process, all of you add to and refine your individual natures and personalities as part of the divine plan and the soul's purpose. And all of the knowledge that they and you accumulate is brought back to your soul, who draws upon those collective experiences, feels them, and heads closer to, or further from, the Light because of it.

There are some striking parallels here that should be highlighted. God decides to create; your soul does the same thing. God projects Itself into physical form; the soul projects you into physical form. God decides when to breathe Its creation back in; the soul withdraws the real you from your physical body at the moment of death. God makes you in Its own likeness; your physical body mirrors Spirit as matter. God receives experience and feeling from all existing souls to become a grander version of Itself; your soul does the same thing from all its projected, multi-dimensional

"yous." In a similar manner, you share all of your experiences and feelings with your other yous to learn and grow too. And the most profound sharing you can have is with your other half.

Father/Mother Spirit is one complete being with individual masculine and feminine polarities of consciousness. Your soul, being an extension of that Source, is no different. As such, the entire body of God-energy that makes up your soul exists as two independent creative forces. Think of it as a perfectly balanced magnet that is whole, but has different polarities at either of its ends.

One can think of these two opposing but complimentary influences as a positive tension within the soul that leads to all of its creations and expressions. And it is the dynamic interplay between these masculine and the feminine energies and their complimentary yang and yin urges that is responsible for all that the soul chooses to be and do with itself. And you are one of those choices.

All of the parallel expressions of your soul, including you, are linked together as one. As such, they and you are constantly relating to one another regardless of what level each has evolved to in the Light or fallen to in the darkness. At a higher level, each of the soul's personalities knows what the other is doing and benefits from it simultaneously, one way or another. It is even possible to share and exchange information between you and your parallel selves while meditating or in the dream state.

The composite experience created by each of the soul's "selves" determines the overall direction and rate of growth the soul takes into the Light or deeper into the darkness. What you do affects each of your soul counterparts just as their choices, experiences and feelings affect you. If you raise your vibrations, theirs raise. Should you become more love, they become more loving. And because of the eternal, indissoluble link that exists between you and your twin, the same occurs for both whether you are joined in Earthly relationship or not.

The soul has a very specific purpose in mind when it sends the conscious personality that is you into a specific dimension or reality such as planet Earth. For example, your soul and you may wish to experience being poor, physically or mentally impaired, a world leader, a thief, a prostitute, a healer, a woman, a man, an abused child, a slave, a teacher, a homeless person, and so on.

Or both may want to experience loneliness, wealth, sickness, jealousy, romance, the sacred balance of nature, or various addictions. There might also be the need to learn patience, acceptance, trust, surrender to God, joy while having little, simplicity,

humility, charity, acceptance, faith, and so on. All of it serves a purpose. The soul not only grows and becomes more like its Source from these experiences, you do as well. There are countless things your soul needs to be, experience, and feel in order to pass through all the various stages of development and achieve ultimate, God-like perfection. The same holds true for you. The first steps of that journey include the many lessons it needs to complete while projecting you and itself into flesh.

The physical body is the densest level to which the soul can descend. It is the first of many forms it and you will pass through as you journey from planet Earth into higher realms of being and conscious evolution. The three-dimensional physical world you now find yourself in is just the beginning of its eternal journey as it tries to become the ultimate, God-like perfection both of you crave.

Although you are one of your soul's many manifestations, there is no reason to feel diminished in any way by this realization. In ways that are still difficult to fully understand, you are an extremely important part of your soul. It needs you to complete its journey through eternity. And it cannot do so without the part of it that is you.

The soul did not send you to planet Earth to struggle and survive. Rather, the soul has sent you here in physical form to create a life for yourself as part of its and your ongoing, evolution. And should you fall asleep and forget who you really are, the soul will find a way to inspire you to ask, "Who Am I?"

~ 4 ~

Who Am I?

What Am I Doing Here?

"All souls were created in the beginning and are finding their way back to whence they came."

~ Edgar Cayce

Have you ever wondered who you are? I mean really are. I'm not talking about a casual thought here or something you briefly think about over a quick cup of coffee. Rather it's the kind of question you might quietly contemplate while walking the beach at sunrise or when sitting on a rock with your feet in a gentle mountain stream.

As you begin to spend some time with this question, another may come to mind. It is almost as important as the first, and the two go hand in hand very nicely. "What am I doing here on this planet?"

The search for answers to these questions often inspires two more we can ask, which finally takes us to where we really need to be to round out the quest for personal truth. And yet relatively few people give either of these questions much thought today. "Am I more than my body?" "Is this really my home?"

Two forces have to come together in order to ask these kinds of questions. The seeker must be ready to seriously consider them, and something has to provoke the questions into existence. The urge to seek can come in various ways: a painful life crisis, the death of a loved one, an unexpected synchronicity, fundamental questions about one's religious beliefs, profound doubts that arise when life doesn't make sense anymore, a strong and compelling curiosity, a radical turn in one's life, and so on. If your soul has brought you to the pages of this book, then most likely you are ready to consider these kinds of questions and give serious thought to their answers.

We have seen how the soul can project our bodies into physical reality and why it does so. But there is some unfinished history that needs to be explored and discussed. What happened before we found ourselves in physical bodies? I'm not talking about what we were doing immediately prior to our current incarnation. Rather, I'm

referring to a time long before we incurred the *need* to be in physical form, and the cyclic drama of birth-life-death-rebirth and the karma that goes with it; the time before and up to the "Fall" of humankind.

Aeons and aeons ago, before we ever knew planet Earth existed, we roamed the universe as a communal group of souls in spirit form, free to do as we please. Our "bodies" were similar to what we have today, but much lighter in nature and makeup. Being less dense and of a higher vibration, we didn't have to eat, sleep, die, or concern ourselves with other challenges of physical survival. Most importantly, we were certain of our oneness with All That Is.

As spirit forms, we set out to experience and feel what had been created as we played among the stars. There was so much to do and even more to explore that we hardly knew where to begin. Suns, planets, galaxies, and other dimensions of existence were our playground. And play we did. It was a truly joyous experience. Just as God had intended.

Each individual spirit in our group of souls was neither male nor female, but an androgynous Being of Light that contained both polarities of masculine/feminine consciousness within the same ethereal essence. This was the original, holiest, most blissful, highest form of existence for the twin soul...a complete, Love-centered, untainted, miniature replica of Father/Mother with unlimited creative potential, and the free will to do so.

We continued to roam and explore the physical universe. As we did, we co-created experiences with ourselves and with Spirit. At the same time, our feelings were joyfully shared with our beloved Source.

We also realized that God had wisely created a special hierarchy of magnificent angelic beings to help Mother/Father oversee the events that were rapidly developing in the early stages of the new universe.

Other angels were lovingly assigned to watch over each and every one of us so long as we remained "outside" the Absolute. Untold numbers of soul groups had already formed, and each went their separate ways in search of endless adventure and excitement. Our angelic guardians followed wherever they and we went—without question, without judgment, ever loyal, always loving, forever guiding—and have done so to this day.

As we roamed the physical universe, we learned that our divine balance and connection with Spirit could be distorted at times. An enormous amount of matter had been created, much of which existed as heavenly spheres with different

vibrational patterns. Some of these spheres gave off an electromagnetic aura of energy, which beckoned to us and tested our connection with God. When we passed through or into these intoxicating fields of denser influence, the vibrations of our Light bodies slowed down a bit, our ability to think clearly was compromised to an extent, and our connection to All That Is was not as potent as it should be.

The more we explored these heavenly bodies and delved into their material fields of influence, the more we longed to be a part of its dense beauty. With time, we continued to over-identify with the magnetic frequencies these physical forms of expression had to offer. Without realizing it, the early stages of our gradual descent into matter had unwittingly begun.

At one point, our soul group traveled to a part of the universe that had never been explored before. As we journeyed through the stars, we suddenly became distracted by something in the distance that was utterly breathtaking. It was a magnificent planet within a relatively young star system the likes of which we had never seen before. Its beauty and symmetry were totally captivating, and we had never witnessed anything quite like it.

As we drew nearer to the surface of this planet, blue, green, white, and other colors blended together in a vibrant pattern of perfection that was truly stunning when framed against the darkened background of the universe.

We slowed down to study its makeup. Most of it was pristine water; the bluest we had ever seen. There was a peaceful flowing motion to the wispy, white atmosphere that gently swirled above its surface. Everything seemed to be in balance and harmony. We moved closer still. It was incredible. It was alive.

We soon discovered that abundant life in countless different forms and colors was everywhere: flying, running, swimming, crawling, furry, feathery, scaly, leafy, grassy and flowery. All living harmoniously and in ecological balance with one another. We had reached a place we now call Earth, and it was one of the finest creations of Father/Mother in the entire universe.

Before we mingled with the offerings this glorious planet had to offer, our soul group was reminded of its extraordinary plan; one that was ordained for it and it alone at the moment of Creation. While co-creating with Mother/Father, our intent was to establish a sacred expression of Their presence in a three-dimensional world by creating heaven on Earth there. But, to do so, we had to take on biological form.

In the process of spending time on Her surface, and interacting with Earth Mother and her splendid creations, we would spiritualize all that existed by blending Spirit

with matter. If that could be accomplished, if we could serve as that sacred bridge between God and this physical world, the vibrations of this magnificent heavenly sphere and all the living things that moved upon Her flesh would be raised and brought closer to their Source.

We gradually descended to Earth's surface by slowing down the vibrational energy of our Light-bodies in order to make them more dense and compatible with those of a three-dimensional environment.

We realized that slowing down our rate of vibration and taking on a denser form was risky business. Fortunately, we had never lost our spiritual balance before when doing so. Nor had we become overly spoiled by the materializing influences of other spheres that had already been visited. And we were quite confident this would never happen. On the other hand, we had never been to this kind of planet before, and all the pleasures it had to offer.

When did all of this happen? Sanskrit insights from ancient Vedic teachings tell us we came here 2 billion years ago. Theosophical texts say it was 18.5 million years. Edgar Cayce mentions 10.5 million years have past since we arrived. The *Urantia* Book indicates that humans emerged from primates 1,000,000 years ago. Creationists who reference the Bible would have us believe that Adam and Eve were created from a lump of clay about 6,000 years ago. Our scientists tell us that the *body* of modern humans, not the human *spirit*, appeared on the African savannah approximately 200,000 years ago. There are other well-intentioned sources describing our arrival here that one can reflect on...including the role that extraterrestrials may have played in it.

From what I've read about the history of mankind, especially that given by Edgar Cayce, the earliest visit by our spirit forms to this planet was the first of two waves that our soul family made a long time ago, most likely millions of years in the remote and murky past.

Our initial attempt to blend Spirit with matter was not successful. Seduced by the sensual, materialistic pleasures Earth had to offer, especially those that were sexual in nature, we lost our way and became trapped in this plane of denser existence. At that point, the initial "Fall" of the human species into the heaviness of three-dimensional matter took place. With it came the agonizing separation of androgynous twin souls into male and female physical forms, and we have been searching for our other halves ever since. Over time fear came to dominate love, separation and fighting began, greed replaced sharing, survival of the fittest became the norm, ego replaced God-centeredness, and self-gratification spiraled out of control. In essence

our love for one another dissipated, we lost our remembrance of God, and, in the process, forgot who we really are. For the most part, it's been that way ever since.

Edgar Cayce and others tell us that through the grace of God two things happened to help the fallen souls awaken from their material slumber and free them from the influences of matter. The first was that they eventually found themselves constrained within the cycle of reincarnation and karma that is predicated on a simple Universal law: What you put out comes back to you.

The reincarnational cycle was created at the beginning of time as a fair and loving system of justice that applies anywhere in the universe when souls lose their way. No matter where or when that might occur, the life-death-life cycle would give those who had gone astray an opportunity to self-perfect, re-establish their divine connection over the course of many lifetimes, and remember who they really are.

The second gift of grace was a divine call for volunteers from members of our soul family who remained behind in spirit form. These courageous souls would form a second wave that would enter the three-dimensional plane of planet Earth, take on physical bodies, and participate in a rescue mission. From what I've read, this occurred during the time of Atlantis some two-hundred thousand years ago.

The bold rescue effort was led by an entity named Adam who is known today as Jesus. His purpose was to help the spellbound souls regain their divine origins. Sadly, many who came in the second wave also lost their way and became trapped here. Over succeeding generations, a small portion of that group, including Jesus, keep taking on physical form and return here from time to time to help those who are still baffled, bewildered, and overly attached to the material ways of life.

During those harrowing times, the reincarnational cycle not only applied to those who were part of the Atlantean civilization but other human-like creatures who began to appear on other parts of the planet, including the African plains. Each of these early humans was a mortal being who was purposely composed of three parts: a physical body, a mind, and the spirit of a lost soul who was reincarnating. Through the intervention of free-will choice and time, this primitive human had the potential to evolve over many lifetimes into a higher version of itself and remember its divine birthright.

Today, after many incarnations, these evolved humans and many of their Atlantean counterparts are walking the face of this planet still trying to self-perfect. How and why this number has reached some 6.6 billion I can't explain. It would seem that other souls are also a part of this extraordinary numerical mix. From what we are told in *The Calling*, by Rasha, the current time period is unprecedented in human history.

She also says that everyone who has ever had a hand in making planet Earth what it has evolved into today is here to experience and feel what is coming. Given the enormous number of souls who are present on this struggling planet, one has to surmise that something BIG is just around the corner. And we won't have to wait long to find out.

Part of the price we paid for separating from God was the life-death reincarnational cycle, the karma that goes with it, and the sickness, pain, and suffering that comes with 3-dimensional existence and survival. These emotional and physical challenges are not meant to serve as punishments even though they can feel that way. Rather, they serve to jolt us out of the everyday routines and ruts of life as we scurry around trying to survive. If we accept their presence in our lives they help us find the way back to who we really are. However, we have to do it on our own. God will help if we ask. But the rest is up to us.

Your purpose is simple yet almost incomprehensible in scope. The entire purpose of your existence is to develop and evolve your consciousness so that you, it, and your soul become more God-like. In so doing you return to the Source from which you came. Since your Source is continually evolving, your evolution will go on for all of eternity.

After untold numbers of life-death cycles, we have taken on and shed one physical body after another in order to let go of the material grip we have allowed this planet to hold sway over us. Slowly but surely, some faster than others, we are waking up and remembering our true spiritual nature. Eventually, all of us will. When we do, we'll leave this beautiful planet and bless the experience we had, as we return to the stars.

All of this will take time. In the interim, we should not only be asking ourselves, "Who am I really?" and "What am I doing here?" Just as importantly, we should take the time to contemplate an equally compelling question: "Where am I going?" As you will shortly discover, we are evolving towards fourth-dimensional existence. And there are others in that magical place who are patiently waiting for us to graduate from Earth school and welcome us to that far more exciting world.

~ 5 ~

The Fourth Dimension

"In my Father's house are many mansions"

~ Jesus

Is it possible that there are other realities or planes of existence we aren't aware of? Today, forward-thinking scientists seriously talk about other dimensions, parallel universes, and multi-verses, all of which were considered nothing more than fairy tales and intellectual curiosities not too long ago.

Is it equally possible that advanced extraterrestrials have learned how to live in greater harmony and balance with the material world because of their adherence to Universal spiritual principles? Do they reside in a higher dimension than ours? And are they the same kinds of beings we are evolving into?

We need to remind ourselves that God is not a static being. Nor are we. Each and every one of us is becoming a greater and grander version of who we are. We do so by evolving and expanding into higher places of learning and growing, service, and awareness of Spirit. For some, this evolution is faster than others. Eventually, all will make the progress necessary to move up the dimensional ladder and experience the wonders of it all.

Exactly what part of us is evolving besides our soul? Our consciousness. Not the brain or the physical body, which return to the dust lifetime after lifetime, but the conscious mind that is as eternal as the soul. And they will be inseparable for all of eternity.

From what I've learned, there are seven major dimensions or planes of existence in all of creation. When we eventually reach the seventh level, we are almost face to face with God. Currently we find ourselves in a three-dimensional reality that is sandwiched between the lower worlds of inanimate objects, plants, and animals, and the home of more evolved souls who find themselves in the fourth dimension. Each of these planes of existence, including those that are higher than the fourth, are in turn divided into seven layers of vibration and energy. As such, the highest layer of

vibration in the 3rd dimension brushes up against the lowest level of the 4th dimension.

Is the fourth dimension the next step in our evolution? Will we someday raise our vibrations enough to ascend into the lowest level of the 4th dimension and begin anew there? Or will we move on to a planet that serves as a transitional break in our journey somewhere between the third and fourth dimensions of life in order to ease ourselves into a higher state of being?

Depending upon our state of conscious evolution, we vibrate at different levels of density and energy. For example, Hitler and Saddam Hussein had very low levels of vibration and their energies were very dense and negative because of it. Compare that to Martin Luther King, Gandhi, Jesus, Mother Teresa, Sai Baba, Buddha, Krishna, and others who brought much higher vibrations to this plane of existence. Their energies were that of love and service, which is more positive and less dense in nature. I strongly suspect that all of them came here from higher dimensions to serve by example and help humanity find its way.

What about you and me? Where do we fit in? Within the third dimension, some of us pulsate at slower rates, while others have higher levels of energetic frequency. The more we choose unselfishness, compassion, forgiveness, love, and service during our many lifetimes, the further up the three-dimensional vibrational ladder of energy we go until its time to graduate into the lowest level of the fourth dimension.

As we evolve into these higher states of frequency, we have earned the right to different physical and mental characteristics, and the expanded ways of life that go with them. For example, those who currently dwell in the fourth dimension have a somewhat lighter body, live for many hundreds of years, communicate telepathically, eat healthier diets, are advanced technologically, have more meaningful relationships with their partners and their children, heal their bodies with the mind, meditate regularly, explore the wonders of the universe more freely, have a stronger sense of Spirit and the concept of Oneness among all things, and live in greater harmony with the Universal Truths, themselves, and others of a similar mindset.

Fourth-dimensional existence does not have billionaires, a middle class, poor people, starving children, the homeless, politicians, red and blue states, prisons, dictators, mortgage payments, credit cards, smokestack industries, slaughterhouses, pollution, sex and violence in their movies, school systems that treat students and teachers like commodities, stock markets, drug problems, landfills, garbage dumping into oceans, cocaine, nuclear weapons, crime, and the seemingly endless list of such things. However, if advanced beings drift too far from their spiritual ways of life, they can slide backwards and slip down the ladder of vibration.

Keep in mind that fourth-dimensional beings do not sit in a lotus position on white, puffy clouds in the ethers and chant 24 hours a day. On the contrary, they have far more interesting, fruitful, and expansive life styles than the more limited ways of life we experience. These evolved souls are able to explore the physical universe at will and do so in ways we have yet to dream of. Star Trek was a hint of what this is all about. Not surprisingly, like all beings with consciousness minds, they need *something to do*. And this *need to do* applies regardless of what reality they or other advanced souls have graduated into.

Fourth-dimensional individuals cannot visit higher dimensions than the ones they currently occupy, but they can drop their vibrational levels to enter ours. And they are able to move around in the places they live in or visit using space ships. Yes, flying saucers. Sound preposterous? Not when one considers it for a while.

I recently read some very interesting accounts about four individuals, who claim to have had physical contact with human-like extraterrestrials. As some point, they went aboard their spaceships and interacted with these benevolent visitors. They were also given wisdom of a cosmic and spiritual nature, as well as insights into our ancestry and history. There was also a consistent warning in their messages for us: The human race is at a serious crossroads. Save our environment, rid the planet of nuclear weapons, return to sharing and brotherhood, or face rapid extinction.

What I found compelling about these four contact experiences was that the messages and information they conveyed had a good *feel* to them when brought to a deeper place of knowingness inside of me. All had a credible, spiritual theme to them. And the teachings shared were not only from a Higher perspective, but caring and benevolent as well.

The contactees I refer to are George Adamski, Daniel Fry, Sixto Paz Wells, and Billy Meir. Below are brief descriptions and excerpts taken from the books they have published.

During the 1930s, George Adamski was a young man living in Southern California. He devoted a great deal of his time to understanding and teaching the Universal laws, which he shared with friends and acquaintances. He soon found himself in demand for lectures and often broadcast his talks over local radio stations. Fascinated with the stars, he was gifted with a telescope during the 1940s and often had guests over to discuss his celestial findings.

In 1946 Adamski was having a get-together with friends. While viewing the heavens, he and others witnessed a magnificent, cigar-shaped craft hover motionless nearby. This was followed by other witnessed sightings. During the early 1950s, he took

hundreds of photographs of some of these ships. But it was on the day of November 20, 1952 that he had his most memorable moment with the visitors from the stars: physical contact.

George Adamski recounted his contact experiences in a book called, *Inside the Spaceships*. At one point he described a meeting on board a spacecraft during which he was conversing with extraterrestrials who looked virtually identical to us. This exchange occurred during the early 1950s. One of the spacemen he was telepathically communicating with was a master; a highly advanced, elder soul who provided ongoing wisdom and counsel for his counterparts.

Adamski was wondering about the possibility of a nuclear holocaust between warring nations on Earth and the ravaging effects it might have. The master read Adamski's mind and gently told him: "As you know, with our knowledge of the use and control over energies far more powerful than any our brothers on Earth have yet to use, we could, if we wished, nullify your force with our greater force. But remember what you have been told. We do not kill our fellow man, even in self-defense. We are trying, and shall continue to try, to prevent such a war by bringing to Earth men the knowledge of what they would be doing. For no man wages war except in ignorance."

The master went on to say: "Just as there are many downward paths, leading away from progress, so there are many that lead upward. Though one man may choose one and a second man another, this need not divide them as brothers. Indeed, one may learn much from the other, if he will. For in the vastness of infinite creation, there is no one way that is the only way."

His message for us continued: "There is nothing wrong with your Earth, nor with its people, except that in their lack of understanding they are young children in the universal life of the One Supreme Being. You have been told that in our worlds we *live* the Creator's laws, while as yet on Earth you only talk of them."

Finally, the master said that if we lived by the Universal Laws: "I think the peoples of Earth would be amazed to find how swiftly a change would come throughout the planet...For the great part of the Earth's population is weary of strife and its aftermath of woe. We know that, as never before, they hunger for knowledge of a way of life that will deliver them...So with receptive minds and hearts everywhere on your planet, it is not too late. But there is a sense of urgency..."

Adamski was also told that some of our most powerful politicians had been contacted by extraterrestrials and that the "ordinary man in the street, multiplied by his millions the world over" are our real strength and hope for change. Perhaps we

saw a hint of that when Mahatma Gandhi galvanized and inspired the Indian people to free themselves and their country from the grip of British colonialism, or when Martin Luther King rallied the black people of America to stand up for their God-given rights of equality and justice.

They also said that some of their people are walking the surface of our planet and actually live and work here to help us and to bring their findings back to their space brothers.

Adamski asked: "About these people from other planets who are living amongst us...has that been going on for long?"

Kalna, a space woman, answered his question: "They mingle with their Earthly brothers to learn their languages and their ways. Then they return to their home planets where they pass on to us what knowledge they have gathered of your world. We have a history of Earth and the happenings thereon dating back seventy-eight million years. Similar histories which were made by men on Earth have been lost with the civilizations that destroyed themselves—the same pattern of destruction that threatens you today...The thing you call 'war' has not existed anywhere else in our system for millions of years. Of course, all planets and their people must pass through the orderly stages of evolvement from lower to higher. But yours has not been an orderly or natural progress; rather, an endless repetition of growth and destruction, growth and destruction."

Daniel Fry was an engineer in charge of installing instruments for missile control and guidance at White Sands Proving Ground in New Mexico. His first contact with extraterrestrials occurred on the evening of July 4, 1950, when he was taking a stroll in the cool night air on the grounds of the military base.

Far from the main buildings, he paused to observe a cluster of stars just above a distant mountain range. He was astonished when, all of a sudden, the brightest of the stars blinked out. Then, several more went out. Eventually, an unlit craft began to descend in front of him and landed silently. After a few minutes a voice came from the direction of the ship and his contact experience began.

As a result of his experience, Fry wrote a book called *The White Sands Incident*, which included a lengthy statement by an extraterrestrial named Rolf Telano.

The wise visitor from another star system described higher dimensional existence to Fry as follows: "The Nors, in common with the other Elder Races, normally live on a vibrational level, or 'wave length' which is much higher than your own. Since your awareness range is a narrow one, we would not 'exist' so far as your senses are

concerned, when we were in our normal state. You would be unaware of us for the same reason that an ordinary radio receiver is 'unaware' of a telecast transmission.

You are simply not able to 'tune up to our channel.' Yet we are quite solid and real. There are sounds which your ears cannot hear, and colors which your eyes cannot see. Yet these are actually as 'real' as those which register on your senses."

He went on to explain: "Our range of perception is much wider than yours but the difference in levels is so great that we normally are also 'unaware' of you. We do have the ability to extend our perception range down to your level, but for the most effective observation it is necessary that we actually convert or 'tune' ourselves down to your frequency range. This can be done either by direct mental effort, or by a simulated form of the same energy produced by certain mechanism."

Providing more insight into the higher dimensions he also told Fry: "It should be noted that when I speak of 'space,' I do so with reference to your frequency levels or 'planes,' beyond your range of perception. Each of these contains many worlds. Some of these co-exist with, or overlap, planets visible to you. Others are in what you regard as 'empty space' on the perception range of some of these other worlds. My present home is not on the Venus you see, but on a higher frequency level world which is somewhat larger than the 'Venus' which you know...Just as several different messages of different frequencies can be transmitted over the same cable without interference, so to can several different material objects of different frequency occupy the same 'space' without interfering with each other in any way. They can, and do, co-exist intradimensionally."

And what did Rolf Telano have to say about marriage and relationships? His remarks might surprise you: "Wedding rights are not regarded as creating the state of marriage, but are merely the act of solemnly proclaiming an already existing state. That is to say that we recognize that only mutual love can create and sanctify a marriage. The paramour who truly loves is wed in the eyes of the Unnameable ...Divorce among us could thus be accomplished by a simple public announcement by either party, but it is almost unknown."

Sixto Pas Wells was a Peruvian teenager in the year 1974 when he began his extraordinary journey of extraterrestrial contact. His experiences have been witnessed and documented by journalists from nearly every country around the world. To this day, he humbly but persistently describes his contacts with these benevolent beings and has shared their wisdom with us in his book, *The Invitation*.

A wide breath of information was given to Wells by the off-planet visitors. This is what he had to say about the coming changes for planet Earth as we approach the

year 2012: "The extraterrestrials are certain that the world is not going to end; it is about to undergo a metamorphosis towards the Fourth Dimension. During the transitional stage, extremes will be radicalized, and only those balanced individuals who choose common sense and humane compassion, will overcome this stage. Religions speak about judgment day. Part of humanity will pass, while others will choose another cycle of incarnations in planes similar to third-dimensional Earth, where they have to wait for another opportunity to make their transition."

In reference to war, Wells tells us: "According to the extraterrestrials, a third world war is not going to happen. We have not come out of the second one, which is being continued indefinitely among the developed countries in neutral grounds. What can happen, however, is a series of cataclysms, brought about by the incessant build-up of negative energy among people."

His message continues: "Yes, there is hope, but it is going to take a great deal of work to awaken people on Earth...They are providing us with the knowledge to minimize the catastrophe, pass the test and ascend to the Fourth Dimension. If necessary, they can intervene with big spaceships to come to the rescue and prevent total destruction on Earth. However, each individual remains in charge of his or her evolution; only those who are ready will pass. The Fourth Dimension simply will not accommodate those driven by greed or selfishness."

It was 1942 when Billy Meier was a small boy of 5. He lived with his parents on a farm in Switzerland. At that very young and tender age he had his first sighting of an extraterrestrial craft and made physical contact with its occupant, a wise and elderly male named Sfath. Over the years, he would have many more sightings and other contact experiences, including rides in the visitor's space ships.

Thirty-three years later, during the year 1975, the extraterrestrial encounters with Billy Meier would reach a new level of intimacy. One of his contacts included a woman named Semjase, who came from a planet very similar to Earth called Erra. It was located not too far away within the Pleiades star system. At that point, the contacts were still face-to-face and telepathic. However, for the first time, Meier began to release exceptionally clear photographs of the visiting Pleiadian craft called beamships. In fact, over the ensuing years, he would take many hundreds of these photographs as well as compelling moving pictures of these beautiful ships.

Over time Meier established a close relationship with Semjase, who provided him with a wealth of wisdom and information. As a result, Meier spent a great deal of time documenting his contact experiences, some of which were published in English as a four volume collection that is out of print today. Collectively, this set of books

was called, *Message from the Pleiades*, and it contained many insights given to him by Semjase. Below are a few of her excerpts.

"The Earth human being calls us extraterrestrials, or star people, or whatever he wants. He attributes to us super-natural powers without knowing us at all. In truth we are human beings just like the Earth human, but our knowledge and our wisdom are very much superior to his, especially in the technical areas."

"People in the Pleiades...live in round houses that are spread out over a large area of land. Each person has 100 x 100 meters of property to live on. They don't have apartment houses and skyscrapers. Population is controlled so that there are only 450 million people on Erra. There is no economic system such as ours, as all material things are provided for those who participate in the community. The resources of their world are shared equally by all in relationship to their participation. There are no politicians as they have a system you might call 'A Wisdom System,' where the person most qualified for a position gets it. Everyone has the same opportunities for education and growth. No one is held back. They are not competitive toward each other but helpful. They are very 'tuned' into each other spiritually and make every effort to better their world through mutual understanding and love. Other things are done for the right reasons instead of for money or power. Each family has no more than three children."

Regarding love and marriage: "Pleiadians enter marriage for the purpose of families but are conscious of population control. Since they are aware of the being coming through, the view of children is slightly different. They maintain population growth in keeping with the energies of the planet they live on. Spiritually, there is always a connection between the fine matter and the coarse matter. Population control factors are decided by council. Telepathic abilities allowing awareness of feelings and thoughts do not allow them to take advantage of one another as we do. Everyone pitches in and shares the load. If you need material possessions, your needs are provided for...There are many kinds of love. The love in friendship and marriage are very close and likewise, love of all creatures is very closely related."

She went on to say that; "The Pleiadians are members of an alliance of many solar systems of human life, about 127 billion in number. There are also many other worlds who are not in the alliance or have chosen not to stay in contact with it. We must become aware that not all beings are friendly. There are many barbaric races who would enslave us if given the chance. We must prepare for the inevitable time when we will run into them."

Meier tells us that: "The Pleiadians say they are not super-human with great powers as we may think. They are men and women like us who benefit from the knowledge

of many lifetimes. They are not teachers, missionaries or way-preparers. They do not come on behalf of any god to give us the long awaited peace. God does not confer any obligation on them. They understand our right of free will to evolve on our own.

Peace will only come when the Earth human takes responsibility for his own future and learns to create his own reality. Relying on or believing that someone else or some other power is going to bring peace will not make it happen. They feel an obligation to other life forms to help but not to interfere."

Over the years, all four of these contactees have been chastised and ridiculed in one way or another by others who wish to discredit their experiences. Yes, there is some "static" concerning George Adamski and Daniel Fry brought on by themselves. However, for the most part their experiences ring true to me. In fact, their star friends warned them of what was to come if they went public with this information. They chose to do so anyway so that others may benefit from this knowledge. As we will see later, there are forces on this planet who don't want us to cast our allegiance to benevolent extraterrestrials from the stars. And their reasons for doing so are not the Highest choices that can be made.

The physical universe in which we currently find ourselves is filled with wonders and mysteries we can't even imagine. It is gigantic beyond description, and is expanding and adding to itself as you read these words. The inquisitive nature and the inherent needs of an ever-curious consciousness, which each of us was gifted with at the time of creation, compels us to reach out and understand its many mysteries. In the end, we are trying to understand God.

Just look at some of the recent developments on our planet. We build massive rockets, space stations, and observational satellites, some of which are heading to the edge of our solar system, so that we can expand our minds and perspectives beyond the thoughts of everyday life. In our efforts, we are also trying to discover if there is other life out there.

Our own astronauts fly around in what could be considered UFOs by individuals who lived just 100 years ago. But all we are seeing "out there" is what our 3-dimensional vision permits us to see. If we could somehow put on a set of glasses that would magically allow us to see fourth-dimensional existence, an incredible array of new realities and worlds would come into view.

I suspect that there are individuals on planet Earth today who may already be shifting from a three-dimensional world of existence to one that is closer to the fourth dimension. Some may be closer than others. I've had my own experiences in this regard and often wonder about the surreal feelings it creates.

Shifting from the third dimension into the lowest level of the fourth is similar to moving out of space "a" and moving into space "b." It feels like you are gradually leaving one room and entering another. It also creates a subtle but very real sense of awareness that your "old self" is slowly passing on and its remnants are being left behind in the three-dimensional world that you were totally present in at one point during this lifetime.

If you have experienced a gradual or radical spiritual awakening, inner change, and personal transformation, the new "you" and your consciousness is moving into a higher state of energy and frequency because of it. And here is the big eureka. Even though you find yourself transitioning into a different space your body and your mind still exist side by side with the old reality you once fully occupied. It's as though you are halfway between one room and the other with one foot in one space and your other foot in the new one. And you are aware of both spaces and realities simultaneously!

Perhaps while walking down the street you are able to sense the old reality you once fully occupied. You are mindful of the people who are still in it. You may even interact with them. But you feel less attached to or associated with that space or energy. It's as though two different belief systems exist side by side, each with its own energy and vibration. And now you can sense that your new energy is different than theirs. In other words, you feel that you are in that three-dimensional world, but not of it.

I'm convinced that a Higher Intelligence determines whether one is ready to shift into the lowest level of the 4th dimension. When that happens, I'm equally convinced that we will join other advanced beings that we refer to as extraterrestrials in order to continue learning and growing in the same ways they enjoy.

Is there a way to tell if your inner transformation is shifting you towards the fourth dimension? Like all things that change, the symptoms and signs are everywhere.

~ 6 ~

Symptoms of Inner Change

"So the question is not: Why start off on such a path? You have already started off. You did so with the first beat of your heart. The question is: Do you wish to walk this path consciously or unconsciously? With awareness or lack of awareness?"

~ Given to Neale Donald Walsh by God
Conversations with God—Book 1

Over the years, I've not only experienced a radical inner awakening, but the changes and symptoms that go hand and hand with it. The signs are as predictable as a fever and the sniffles that come with a severe cold.

The symptoms of change, and the attending shift in awareness that accompanies it, are not unique to me. I've read about them in the books that have passed through my hands and there is a common theme to all of them.

One thing is for sure. If an individual is ready for inner change and a new way of "seeing" the world, the process and journey will not be a smooth and easy one. If you wonder whether you are experiencing such a transition, regardless of what stage you might find yourself in, the symptoms and clues described below may add to the understanding of the courageous journey you have chosen for yourself during this lifetime.

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You sense that something big is happening on planet Earth these days.

Your inner voice tells you that change is coming.

You feel a restlessness stirring deep within.

You find yourself searching for a deeper meaning and purpose to life.

Struggling for survival and happiness in the material world just doesn't satisfy you anymore.

More and more you are becoming bored and frustrated with the routines of everyday life.

You no longer feel connected or attached to things, places, or even people you once felt close to.

Your career or personal relationships with other people don't feel the same anymore.

Your hunger for the material comforts and pleasures of life leaves you feeling empty and incomplete.

You are beginning to realize that lasting peace and happiness is an inner thing.

You find yourself breaking ties with all things physical.

You find yourself looking into the spiritual or mystical realms for a greater sense of purpose, direction and meaning to life.

Tests of personal, financial, or physical hardship have found their way into your life.

Perhaps you suffer through periods of profound doubt, depression, dissociation, disorientation, rootlessness, and a profound sense of loss.

Heavy foods such as beef, rich deserts, and the like no longer feel right and lower your vibrations.

You often find yourself wondering...who am I, what am I really doing here, or what is my real purpose on this planet?

Perhaps your feelings are becoming more intense, that you cry or become overly emotional for no good reason.

You feel that time is speeding up.

Sometimes you question your own sanity, but there is a knowingness deep within that says you are on the right path.

You find yourself going through a personal cleansing process where old belief systems are being weeded out from your inner world.

At times you feel exhausted for no apparent reason.

Other times you find it difficult to focus on your job or other types of work.



Your traditional belief system is showing signs of upheaval and you find yourself detaching from it.

You find yourself in career crisis and are perhaps seeking employment and professional fulfillment in an entirely new area or a series of unfocused projects that have little substance to them.

You feel a sense of separation from family and friends.

Material things no longer are a source of security for you.

For some, it seems that your entire world is falling apart.

You begin to look at things in a much different way.

Some days everything seems to go right, other days everything seemingly goes wrong.

You no longer seem concerned with financial security.

You trust in the knowingness of your higher Self and in the notion that the spiritual journey is one's true path.

Your old life is dying while at the same time a new life is emerging.

You find yourself very uncomfortable in the presence of negative energy.

Religious dogmas that have motivated you through fear and guilt no longer feel right.

You find yourself waiting for signs.

More and more you feel out of touch, out of sync, with the rest of the world.

You no longer find meaning in your work.

Your life has recently gone through upheaval, perhaps in the form of a health crisis, financial loss, career failure, divorce, or a broken relationship.

You feel that your vibration is increasing and that things such as traffic, noisy malls, busy highways, bustling airports, violent movies, and other kinds of negative energies lower your vibrations.

You now find that attachments to any and all things put limitations on you...that your sense of freedom is diminished.

You find yourself detaching from the rat race, material possessions, negative relationships, and old belief systems that don't serve you well anymore.

You no longer feel connected to consensus reality.

You find yourself seeking ways to achieve inner peace and simplicity of life.

You feel that you live in and sense two different realities simultaneously. The 3-dimensional material reality your old self used to occupy and a new reality of higher vibration and spirituality that you find yourself shifting into.

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Feel good if you can relate to the symptoms of personal transformation!

There are massive changes taking place on our planet these days.

Mother Earth's vibrations grow stronger every day and they are reaching higher and higher elevations.

As that happens, you will experience profound changes within yourself.

Inner change is happening for many of us.

And a greater sense of the Universal Truth is awakening in the mass consciousness of humanity.

PART II

~ 7 ~

Universal Truths

"The Truth shall set you free"

~ Jesus

When the universe was breathed into existence, something else was "out there" besides the galaxies, stars, and planets. This "something" will never be measured by scientific instruments. Physical creation and all the wonders that go with it would be more than enough to keep the minds of the scientists occupied. But the All-Knowing mind knew that scientists would not be the only ones who would want to seriously contemplate the nature of the universe and how we fit into it.

There would be the mystics, the philosophers, and the metaphysicians who would want to seek and understand the Universal Truths that were also an integral part of creation. They are the ones who would use the heart more than the mind in their pursuit of what interested them most. And in the process of peeling away the layers of false beliefs and illusions about material life, they would try to gift us with their best insights into the nature of humanity and our connection to the universe in which we live.

Somehow, these wise souls would know that the quest for Truth transcends all other activity. They also knew that, sooner or later, their own journey would inspire the same search in many others who might find themselves on the threshold of spiritual awakening and awareness.

What is the Truth? How do we know it? What is its purpose? How does it influence our spiritual compass? Why is it so important to cosmic journey?

To begin answering these questions, one has to return to the source of all truth, the Absolute Truth, before time and space ever existed. By divine design, God chose to place in each soul an endless need to search for an understanding of its Source. Even though All That Is is impossible to fully comprehend, the *need* to do so is eternal. Sometimes this need is forgotten, while at other times it is quite active. In the process of searching for the Truth, we become more of who we are and advance the growth and evolution of our consciousness.

Truth is something that is self-evident and can be traced to the knowledge or feeling we have about any given thing. On an everyday basis, we know that heat burns, food nourishes, and one plus one is two. However, I'm not talking about that kind of mind-based truth.

There is another kind of truth that can only be found with the heart. By design, the heart is the seat of knowingness where one *feels* that something is right and what is not right; what is the highest choice we can make and what isn't. The reason for this is that the heart is intimately co-joined with the soul, and the interplay between the two serves as the spiritual compass and moral rudder that guides us on our journey through the cosmos.

There is another property of Truth that is also very important: it is unchangeable. In God's world, there are cycles within cycles. Some are large, while others are small. Yet, all of it guarantees a constantly changing universe so that nothing, including us, remains static. On the other hand, within all of that incomprehensible unsettledness and shifting around, the Truth is forever constant, applies everywhere, is never forced upon us, and is always available to those who seek it.

While here on Earth, we have the opportunity to search for this Truth lifetime after lifetime so that it may free us from the compulsive over-identification we have with our physical bodies and the material world. Even though the Truth can threaten and destroy our structures of false beliefs and how we might view reality, at the right time in our ongoing journey we also find it incredibly inviting. Sooner or later its pull and influence becomes the most important part of our lives, especially when we try to live our Truth.

What are some of the truths that can be found all over the universe? I am going to describe some of the big ones. This is not the entire list by any means. Nor is it my list. It comes from the teachings I've exposed myself to over the years. And their availability does not belong to any exclusive group or religion. They are free for the asking. No one owns them. There is no fee or donation required to access them. The real God, not the ones fabricated by various religions to satisfy their self-serving agendas, made it that way. As with any truth or teaching, each should be brought to the heart to see if it *feels* right and then used according to one's own choices and wishes.

The Universal Truths

God Loves Us Unconditionally

Unconditional love is totally free of any limits, reservations, controls, restrictions, attachments, needs, provisions, qualifications, demands,

expectations, judgments, restraints, regulations, legalese, fine print or footnotes.

In other words, no matter what we do, God loves us.

This is not what many of us have been taught. And those teachings have caused much of the fear, doubt, guilt, and anxiety that far too many of us walk around with today.

Some religious leaders of the Western world would have us believe that God gets angry and punishes us when we are bad or commit sin.

This cunning use of fear and guilt has been with us for almost two thousand years and it is a clever means of control. In fact, Hell was invented to support this concept.

On the other hand, if God loves us unconditionally, how can there be a place called Hell?

God cannot be unconditional love and a Supreme Being who causes fear through eternal punishment at the same time. It can only be one or the other.

The real God gave us a way to always find the truth. Go to your heart, not your mind, when you ponder Spirit's unconditional love for us. Then, see what feels right for you.

What We Put Out Comes Back To Us

Different versions of this golden rule can be found in ancient writings, the Bible, and many of the Eastern mystical teachings.

It has been expressed in a number of different ways over the ages.

The most familiar versions are, "we reap what we sow," or "do unto others what we would have them do unto us."

This truth has also been referred to as the law of cause and effect. That is, for each action that we take there will be an effect.

It also means that we must take personal responsibility for all that we do.

Love-based actions build up positive karma over time; negative ones have to be balanced and healed.

If we do something that is irresponsible and hurts a person, animal, plant, or Earth Mother the consequences of this negative karma will eventually come back to us in this or some future lifetime. And we will have to find ways to re-balance them. The opposite holds true for the loving actions we unselfishly perform.

Eventually, we figure it all out and begin to make Higher choices, because we realize that by hurting other people and things, we only hurt ourselves. We are all One.

The law of cause and effect is just, totally fair, and should not be replaced with the man-made belief that we will all be judged and punished by an angry God.

Why? Prior to incarnating we plan our next life. And we, not God, are the ones who will choose how to balance and heal the negative karma we have created. Again, the opposite holds true for love-based actions that have created positive karma.

We Create Our Own Reality

The mind is more powerful than we are aware of at this time.

It is the creator and its every thought can be the source of something new.

Each day we create by making hundreds, if not thousands, of decisions that alter the reality surrounding our lives.

We decide to go to the store, drive the car, walk by the beach, build a chair, paint a picture, visit a friend, or get angry at something.

There seems to be no limit to what we can create through our thoughts.

This awesome ability has been put to good use and it has also been severely abused throughout the ages.

Just take a look at the world around us.

There is no limit to what mankind can create using the power of the mind and the gift of free will.

And each time we use these gifts we can do so responsibly or without regard for the consequences.

As always, the final decision is ours to make. God will never do anything for us that we can do for ourselves.

Everything In The Universe Is Energy

All physical matter in our universe contains enormous amounts of energy.

There is also the "unreal" form of energy that seems more ethereal, subtle, or intangible in nature.

For instance, we can often *sense* the energy in a room filled with people. Or we can *feel* the energy of someone's love that is always uplifting, or another's negative energy that can be draining.

There is a basic law of science which states that energy, regardless of its source, can never be destroyed. It can only change from one form to another.

Here is the critical part.

You are energy.

Imagine yourself as a battery.

This morning, after a refreshing walk through the woods, you return home and are charged with a feeling of wonderful, positive energy that has been added to your reserve.

The phone rings. An angry person is calling.

You choose to plug your lifeline into that person's negative energy, and the positive life force you created during your walk in nature immediately begins to drain from you.

As your positive life force reaches empty, you begin to fill up with the other person's negative energy.

You become angry.

The wonderful feeling you had minutes ago has disappeared because your energy has changed from one form (positive) to another (negative).

We must constantly question every experience that can influence the quality of our energy.

If we don't like the negative vibrations of another person or a situation we find ourselves in, then we must look for ways to detach our lifeline from those influences and plug it into a source of energy that has a far more uplifting effect.

On a larger scale, the flow and exchange of positive and negative vibrations can ripple out and extend far beyond their points of their origin and impact more than one person or circumstance in the process.

It Is Impossible To Be Separated From God

Before the universe began God had a plan. It had no imperfections and it contained a unique safeguard that would always help us remember our divine heritage and cosmic purpose.

When we left the realm of the Absolute, All That Is gave us the power and free will to create anything we wanted.

But the use of these gifts was to be tempered with the love in our hearts.

As free spirits roaming and exploring the universe, we were reminded that our consciousnesses should always be centered on our Source and that we should co-create with Mother/Father God.

There would be challenges along the way. At times the world of the opposites would be filled with the Light; at other times it would be cloaked in darkness.

There was a chance of forgetting our God-centeredness and, in doing so, lose our way.

This drift from God-consciousness is called separation and the root cause of it is ego-mindedness and self-centeredness.

The further we drift the more we separate. In the process, we are likely to experience personal imbalances because of it.

There have been some in our history who have drifted quite a bit. It does not matter. God loves them all without condition.

No matter how far we might veer off the path there will come a time when separation is so unbearable it will be impossible to endure.

That is a profound moment of truth and awakening.

When it arrives, we'll fall to our knees and unashamedly pray to God for help.

Without fail the help will come. And it will be immediate.

It is impossible to be separated from God forever.

There Are Only Two Emotions In The Universe

When we left the Absolute as spirit forms to explore and experience the universe, we knew that we would have feelings about things.

We were also told that every choice we made could be traced back to either love or fear.

Each of these two root emotions would be the starting point for all experience, feeling, understanding, and appreciation.

Here are some examples.

The act of forgiveness is ultimately an act of love.

The feelings of bliss and excitement that come from romance originate with the love between the two partners.

The birth of a child created from such a relationship is a source of immense joy, all which is traceable to the love of the two souls who chose to bring a precious life into this planet.

Fear is just the opposite.

Anger is an extension of fear.

We can be angry and bitter with someone because we fear their wrath and abuse.

This anger can lead to hatred, feelings of vengeance or, worse yet, violence.

Again, all of it stems from the root emotion of fear.

What are some of the feelings that fall into the domain of love?

Compassion, forgiveness, joy, bliss, generosity, patience, tolerance, understanding, gentleness, respect, honor and the like all have their source in the emotion of love.

What are those that can be linked to fear? Hatred, greed, violence, jealousy, selfishness, anger, bitterness, self-gratification, control, and deception are just a few.

In a world of opposites, we are also able to compare these emotions, see how they feel, and make our choices accordingly.

Each choice we make ultimately creates a feeling of love or fear, all of which serves as a valuable reference point that can bring us further into to the Light or deeper into the darkness.

The Universe Is A World Of Opposites

The principle of "duality" was a very important part of the creation process.

What it means is that for every experience and feeling available to us there would be an opposite for it.

For cold there is hot, for joy there is sadness, for excitement there is boredom, for male there is female, for pain there is ecstasy, for darkness there is light, for silence there is sound, for love there is fear, for health there is sickness, and so on.

There is incredible wisdom behind this principle.

How could we relate to or appreciate anything unless there was an opposite experience or feeling to compare it to?

And, in order to evolve spiritually and have an understanding of all things, we must experience all the different aspects of life, good and bad. In other words, we have to be all things before we leave the confines of planet Earth and move on to life in a higher dimension.

Ultimately, the world of the opposites helps us make the highest choices and guides us to the Light. We do this by experiencing and feeling the results of all of our decisions.

Our lesser choices must be blessed because they can serve as valuable reference points for us.

If a lesser choice is made, we should not be harsh on ourselves. There is no right or wrong in God's universe, just learning and growing. And we must always try to remember to love ourselves as God does.

Unconditionally.

The truths described above begin to give us a real sense of the universe in which we live, who we are, and what life is really about. No matter where we are or what we do they can be used to help us become greater and grander versions of ourselves.

In addition to the Truths that were put into place the moment our universe was born, another divine creation took place. It was a system of love and justice that would also apply anywhere lost souls could be found so that they could find their way back to God-centeredness. That system of personal salvation is reincarnation and karma. And it is in effect right here on planet Earth.

~ 8 ~

Reincarnation and Your Past Lives

"How many times have you been reborn?" I asked. "Have all of them been here in this environment, the earth or elsewhere as well?"

"No," she answered, "not all here."

"What other planes, what other places, do you go to?"

"I have not finished what I have to do here. I cannot move on until I have experienced all of life, and I have not. There will be many lifetimes...to fulfill all of the agreements and all of the debts that are owed."

~ Brian L. Weiss, M.D.
Many Lives, Many Masters

The karma-reincarnation cycle is a fair and just way for us to regain our God-centeredness, balance and realign ourselves, remember who we really are, and return to the Light. In order to do so, our lost souls have to take responsibility for the lesser choices we've made in the physical world. All past transgressions incurred during our current and previous lives will have to be reconciled and healed with forgiveness and unconditional love.

In order for reincarnation to work, our fallen spirits have to be, experience, and feel *all* things over the course of many lifetimes. What this means is that we have the opportunity to play different roles during each incarnation. In the process, we would experience being wealthy, poor, male, female, beautiful, not so glamorous, addicted, a gifted artist, a humble shoemaker, politician, thief, prostitute, beggar, king, and so much more. Just take a look at the world around us to see the many different roles we can chose to live through. And there is great wisdom behind this approach.

God knew that the feelings derived from these different life experiences would ultimately lead to greater understanding. Our new-found understanding paves the way for compassion, which in turn brings out the forgiveness in us. Once we are able to forgive, unconditional love begins to unfold in out hearts. Slowly but surely, our

divine awareness and natural state of God-centeredness is restored over the course of many lifetimes.

Here is a brief example of how this works. How could we not develop understanding and compassion for someone who is addicted to smoking unless we also went through the same experience? I understand this principle first hand. I was heavily addicted to cigarettes for much of my adult life. Then, in 1995, I walked away from them and never looked back. Today, when I see someone smoking, I truly understand what he or she is going through. And I have nothing but understanding, compassion, and love for what each is experiencing.

One of the most important aspects of reincarnation is that we are the ones who choose the role we want to play during each of our incarnations. Nothing is forced upon us and it is never a form of punishment. Sometimes we choose challenging roles so that we have the opportunity to grow and evolve at a quicker pace. Other times we might decide to take a rest and have a smoother set of circumstances in life. There are also those who make lesser choices and go on to experience and feel that way of life. And no matter what we choose, Father/Mother God loves us unconditionally. There is no right or wrong in Their universe; only learning, growing, and becoming a grander version of who we are.

The next time you see an individual with one arm, or is following the guidance of a seeing-eye dog, it may very well be that he chose to experience a lifetime missing that limb or eyesight. Why? Because in a previous lifetime he may have taken someone else's arm or sight in a fit of rage and anger. Now, with great courage, this same individual has chosen to balance that karma by experiencing and feeling what it is like to have a missing limb, or go through life without the benefit of sight, in order to heal a past transgression.

The great Wheel of Life is where we find ourselves today. We are lost. We have forgotten who we really are. Many births, lives, deaths, and in-between lives have come and gone for us over the ages. Through it all we have always been given the opportunity to make choices that are based upon love or those that are rooted in fear. Although many have made considerable progress over the ages, relatively few in our fallen soul group have made the kinds of choices required to leave the three-dimensional world. And we will continue with this reincarnational drama until each of us is ready to graduate to the next plane of existence and adventure.

Today, two thirds of all the people living on planet Earth believe in the concept of past lives. Those who feel they have one life to live now find themselves in a steadily declining minority, as the Eastern-based view of reincarnation continues to make more and more of its presence felt throughout the Western world. If one brings an

open mind and unbiased interpretation to its simple principles, it will not take long to appreciate the reasons for its growing popularity. And for your journey as a soul, it means you have had other family members, friends, and lovers in previous lifetimes who may very well be with you now.

When I first started reading about reincarnation, I discovered that the concept of past lives was centuries older than the Christian religion I was raised on. To briefly understand its place in history, one has to begin with Hinduism, the world's oldest religion, whose roots can be traced back several thousands of years before the Bible was written.

Over the ages, various teachings were blended into the ancient Hindu religious beliefs, especially those of the Vedas, which occurred about thirty-five hundred years ago. Then, approximately six-hundred years before the birth of Christ, the traditional concept of reincarnation surfaced in India with the divinely inspired Upanishad writings. These sacred works of wisdom on the nature of reality and the soul continued to mold and define the Hindu religion and philosophy. Over the centuries, a blend of these beliefs has evolved into a spiritual philosophy and way of life for the Indian people of today.

These same spiritual teachings spread into what is now China and became a part of their Taoism. Over time the belief in reincarnation reached the Middle East and then flourished in southern Europe where it became an important part of Greek theology. Many seekers of truth in that country found themselves drawn to its honest possibilities, including Socrates, Plato, and his student, Aristotle, all of whom spoke of its virtues hundreds of years before Jesus was born.

The Roman dictator, Julius Caesar, who died 44 years before the arrival of the great teacher, Jesus, is known to have stated: "Souls do not become extinct, but pass after death from one body to another." Even the Jewish sects of the Pharisees and the Essenes, who played an important role in Jesus' life, continued to be firm believers in reincarnation more than a hundred years after he passed on.

None of this historical information is based upon speculation. A few hours of research in any decent library will tell you the same things.

In that same library, one can also discover how the belief of reincarnation was eventually banned approximately 500 years after Jesus' death. When he left us, there was no Roman Catholic Church in place. All that existed was a scattered collection of his followers and the simple teachings he left behind. Over the next two to three centuries, early Christianity constantly struggled to define itself and the beliefs it would stand for. In spite of it all, reincarnation was still widely accepted by many of

the respected Church fathers such as St. Clement of Alexandria, Origen, St. Gregory, and St. Augustine. During this same period of time, the Christian dogma of "one life" did not exist. Nor is there any evidence that Jesus taught this belief while he walked among us.

How did the one-life dogma originate? It happened towards the end of the fourth century when it was brought into existence by powerful and influential politicians and men of the cloth. During those days, popes came into control through political appointment by the Roman emperors. The rulers wanted to keep peace among their oppressed, over-taxed citizens, and they saw how this could be accomplished through the emerging Christian religion. The popes sided with these rulers because it gave them more influence and power. As a result, a religious-political marriage was formed for purposes of control, which, in turn, insured the existence of the church-state union. But there was a problem. Christianity, and the teachings it was based upon, was highly fragmented at that time.

During the end of the fourth century there was a great deal of disagreement among the different Christian sects and factions, with little of it reflecting the purity of Jesus' message of love for us. Many warring camps existed with different ideas about what this new religion should be. And, when many of the Christian church leaders lost their spiritual rudder, the original scriptures and the teachings of Jesus they contained became more and more distorted.

In order to remedy these problems, the Roman Emperor, Constantine, his successor, Theodosius, and some of the less desirable church leaders of that time decided to band together and create new religious teachings. The purpose was to take all of the loosely organized religious and historic beliefs that existed and consolidate them. Over the years, new doctrines were issued. They claimed that we were separate from God, we had just one life to live, when we died we went to heaven or hell, and that the only way to save ourselves was through the church. One can easily see how self-serving these man-made laws were and they continue on through today.

In the Catholic Encyclopedia, one can also learn that during the year 553 A.D. the Roman Emperor, Justinian, called the Fifth Ecumenical Council of Constantinople into order, with the express purpose of condemning reincarnation. This is how it was done. A total of 15 anathemas were created. Think of them as condemnations that could result in persecution or death. The first anathema was "if anyone assert the fabulous pre-existence of the souls (reincarnation), and shall assert monstrous restoration which follows from it, let him be anathema."

From that point forward the belief in reincarnation was forbidden. Individuals who refused to abide by this new law were persecuted or killed. The Vatican's subsequent

campaign of terror and slaughter lasted until the 13th century when the last vestige of reincarnation was finally wiped out. And they have done a good job of keeping it that way...until recently.

Through my readings, I was amazed to discover that a strong foundation of credible, scientific evidence for reincarnation already exists. This body of support has been carefully woven together through many years of painstaking investigation by a noted American psychiatrist, Dr. Ian Stevenson. Few realize that the first of his many books, *Cases of the Reincarnation Type, Volume I: Ten Cases in India*, received favorable reviews by the American Medical Association for the quality of research that was conducted and the conclusions reached by Dr. Stevenson. Their formal statement was "In regard to reincarnation he [Stevenson] has painstakingly and unemotionally collected a detailed series of cases from India, cases in which the evidence is difficult to explain on any other grounds"—*Journal of the American Medical Association*.

What would you do if your 4-year old child came up to you and spontaneously spoke a foreign language? What if that language was Indian, which the child was never exposed to? What if that same child provided many details about a previous life he or she had experienced in India and was strongly drawn to the events being described?

Imagine that out of concern you made an appointment to discuss your child's unusual behavior with a psychiatrist at the University of Virginia Medical School, whose name was Dr. Ian Stevenson. You discover while chatting with his assistant that in 1943 Dr. Stevenson graduated at the head of his medical class from the prestigious McGill University in Montreal. Years later, when 39 years of age, he became Head of Psychiatry at the University of Virginia Medical School where he eventually gave up his distinguished administrative career to do full time research.

His assistant also tells you that over the past 40 years he devoted his professional life to the study of reincarnation. During that time he scientifically documented past life memories in more than three thousand cases from all over the world, many of whom were children.

During your visit with Dr. Stevenson, you learn that your child's behavior is nothing to be concerned about. He describes how he has investigated many hundreds of such experiences and that the young eventually grow out of their past life memories. He also tells you that he has worked with a large number of children who spontaneously remember where they lived during their past life, what town their house was in, the names of their parents, siblings, aunts, uncles, friends, and so on. They also often remember when and how they died.

You continue to listen with amazement as Dr. Stevenson describes his trips to India, Lebanon, Brazil, Alaska, Turkey, Syria, Europe, the United States, Thailand, Ceylon, Burma, and Canada to verify the statements of these children. He explains that this is typically accomplished by examining past medical records, death certificates, and other public documents of the deceased individuals the children claimed they were. This public information is then supplemented through interviews with family members and friends of the departed souls.

Dr. Stevenson goes on to say that, in general, there is usually a period of approximately five years before a deceased individual passes on and is re-born again. Calmly, he tells you that most of the past life stories can be verified, often down to the tiniest detail. You are shocked to discover that although some discrepancies are associated with these cases they only occur with a frequency of just ten percent. In other words, the children's statements about their past lives are accurate ninety percent of the time!

Then, Dr. Stevenson tells you something that raises your eyebrows even further. While sitting at the edge of your chair, he describes his work with children who not only remember their past lives quite accurately, but have prominent, pigmented birthmarks or birth defects on their bodies. He then mentions that this research was published during 1997 under the title, *Reincarnation and Biology, Vol.1: Birthmarks and Vol. 2: Birth Defects and Other Anomalies*.

The strangely birth-marked children told Dr. Stevenson that the defects were caused by wounds suffered during their previous lives. Forty-nine such cases were studied in detail. Common to all was a near perfect match in past life details given by the young child for the deceased person each recalled being. In ninety-six percent of these cases, a very close correspondence could be found between the birthmarks or birth defects on each child and the wounds on the departed individual. All of this was verified by a review of medical documents such as post-mortem reports for each past life case as well as through other sources.

You are surprised to discover that aside from the positive review the American Medical Association gave to Dr. Stevenson's findings there has been little reaction to his research from the scientific and public community of the Western World. You ask him why. He tells you that he suspects his discoveries fly in the face of the one-life Christian belief, which is so ingrained in our religious culture.

You thank Dr. Stevenson for his time. While walking to your car, you realize in your heart that that he is a courageous seeker of the truth who is providing humanity with information that can have a profound effect on how they view the world.

On the way home from the doctor's office you stop at a local New Age, metaphysical bookstore. While glancing through the shelves, you see a book called, *Only Love is Real*. The author is Dr. Brian Weiss, who received his psychiatric training at Yale University School of Medicine. Like Dr. Stevenson, he also served many years as a departmental Chairman of Psychiatry, his being at Mount Sinai Medical Center in Miami, Florida. You don't realize it at the time, but Dr. Weiss is the author of many scientific articles, and is a nationally recognized expert in substance abuse, brain chemistry and Alzheimer's disease.

After glancing at the back cover and thumbing through the pages, you discover that Dr. Weiss wrote an earlier book titled *Many Lives, Many Masters*. Reading on you learn that it has been translated into more than 20 languages and read by more than 2 million people throughout the world. It was a very powerful, true to life story about a physician and his patient that took place during the early 1980s.

This remarkable experience involved a twenty-seven year old woman named "Catherine," who started describing past lives to Dr. Weiss while using hypnosis as a last resort to cure her fears, phobias, panic attacks, and depression. Much to his amazement she described her former lives while in trance, several of which included severe, traumatic events. It turned out that the memories of those terrible experiences led to the serious fears she brought forth into this lifetime. Dr. Weiss eventually discovered that Catherine's phobias could be cured if she relived those terrifying experiences while regressed. Remarkably, none of this healing therapy required medication.

It took many years for Dr. Weiss to go public with this story. Understandably, he was concerned about its effects on his professional career. As a solid scientist, he realized that a single case history does not add up to meaningful data in the scientific world. And, needless to say, the subject matter was highly controversial.

However, an astonishing event occurred during one of Catherine's sessions that stunned Dr. Weiss. It convinced him that a very profound experience and defining moment in his career and personal life was taking place in his office. And it was something that would irreversibly turn his world upside down and forever change the way he looked at things.

During one of her many therapeutic sessions, Catherine was regressed to an in-between-life state of mind. While there, she announced that two members of Dr. Weiss' family, both of whom had passed on during his current lifetime, were present. She went on to say that:

"Your father is here, and your son, who is a small child. Your father says you will know him because his name is Avrom and your daughter is named after him. Also, his death was due to his heart. Your son's heart was also important, for it was backward, like a chicken's. He made a great sacrifice for you out of his love. His soul is very advanced...his death satisfied his parent's debts. Also, he wanted to show you that medicine could only go so far, that its scope is very limited."

Dr. Weiss was totally dumbfounded after hearing those words because there was no possible way for his patient to know these facts. This was especially true for the unexpected death of his first-born son who died when he was twenty-three days old. His tragic death resulted from complications suffered as a result of a rare birth defect when he was born with reversed blood vessels to the heart, because of its *backwards* orientation similar to the heart of a chicken.

Losing his child was the greatest tragedy in Dr. Weiss's life. And, in a fatherly way, I can relate to his grief and profound agony because I almost lost my infant son due to a serious illness. He asked Catherine, "Who tells you these things?" She whispered, "The Masters... the Master Spirits tell me."

Years later this courageous physician would go on to perform more than one thousand past life regressions on other patients. Because of its great success as a therapeutic tool for troubled souls, he eventually founded the Weiss Institute, which provides therapeutic regression analysis for outpatients and hosts regular seminars for the lay public and medical professionals alike.

While all of that was going on, Dr. Weiss could not anticipate another extraordinary event that would make its way into his life many years after his first experience with Catherine. His belief in past lives would be expanded by a highly unusual soulmate reunion that took place while practicing therapy on two of his patients. And it formed the basis of his third book, *Only Love is Real*.

It all began one day when an attractive young woman named Elizabeth visited Dr. Weiss' office seeking professional help. She was very distressed because grief, anxiety, and sleep disorder problems were preventing her from leading a normal life. After reading *Many Lives, Many Masters* she believed that past life regression analysis could help resolve her medical issues. She also hoped a review of her past lives might improve the quality of her relationships with men. As she began to relive her former lives while under Dr. Weiss's hypnotic guidance, he recorded the details of the many events she revealed week after week in his office.

At the same time, another patient named Pedro was suffering from medical problems similar to Elizabeth's. He too was undergoing past life regression therapy with Dr.

Weiss. While this was taking place, both patients had never met before and their weekly appointments were always on different days. Like Elizabeth, Pedro also shared the detailed experiences of his many lives with Dr. Weiss.

As he delved deeper and deeper into their past life experiences, Dr. Weiss began to notice something very peculiar. Even though he had treated family members over the years who recalled sharing former lives together, never did he have a case where two *unrelated* patients found themselves together during former pastimes.

Over time, Dr. Weiss began to notice a number of stunning similarities in the lives that Elizabeth and Pedro were describing. Each was remarkably consistent in detail, including lifetimes as childhood sweethearts, father and daughter, and husband and wife. As he began to thread the pieces of their earlier times together, he soon realized that these two souls had been lovers during their previous lives and had lost one another over the ages. He was both astonished and dumbfounded by this discovery.

Dr. Weiss wondered what to do with this incredible information. Here were two perfect strangers who had been on and off lovers for as long as two thousand years! Should he tell them? Should he introduce them to one another? Would it be professionally appropriate to do so?

While struggling with this dilemma, he came up with a brilliant solution to test their possible past life connection. He arranged to have Elizabeth finish one of her future appointments while Pedro was waiting in Dr. Weiss' outer office for his session to begin. When they passed one another the first time, nothing unusual happened. The second time this occurred there appeared to be noticeable exchange of energy through eye contact and friendly smiles. But that was as far as it went.

At the time, Dr. Weiss didn't realize that all soul mate reunions, regardless of circumstances, are predestined to happen. Both partners plan their meeting prior to incarnating as part of their life drama. When in body, our angelic spirit guides and the effects of synchronous events in our lives assure that our plans fall into place, as if by magic.

Soon after their initial contact in Dr. Weiss' office, both Elizabeth and Pedro arranged to make business trips to Boston, never realizing the other was doing the same thing. While at the airport, Elizabeth's Boston-bound plane was delayed because of mechanical problems. In order to keep to her busy schedule, she was switched to another flight; the same plane Pedro was to take.

While both were waiting to board the plane, Pedro caught sight of Elizabeth and this time he could not take his eyes from her. He was swept away with an overpowering

sense of soul recognition that was beyond his control. As his eyes met Elizabeth's, spontaneous memories were unleashed from their past lives together, and a rush of profound "knowingness" awakened in both of them that was instantaneous, overwhelming, and unmistakable. He walked up to Elizabeth and introduced himself. She smiled. Within moments, the hearts and souls of these two lovers from former lives had touched once again.

How does the drama of past lives work? Moments after passing on, the real you, the eternal you, "pops" out of your physical body. To your amazement, you'll find yourself inside a lighter form similar to the one just shed, but as you looked during your prime. You'll be as conscious as you were prior to death, but with far greater awareness. After passing through a tunnel of exquisite light deceased family members and friends will greet you on the other side. And the grandest reunion of all will be with your spirit guide who has been with you for many lifetimes.

In that place, you begin your between-life stay in a realm that has a higher vibration than 3-dimensional reality. Think of it as Earth heaven, which has different levels that a departed soul can go to depending upon one's degree of evolution at the time of physical death. Within each level are individuals who have the same mindset, perspectives, opinions, and viewpoints. In essence, each level contains souls that think and act alike.

While in "heaven" you'll have an opportunity to review the effects of all the choices made during your most recent life, and other lifetimes if necessary. The life review takes place in your mind, which can be likened to a video tape of everything that took place during your previous lifetime down to the *tiniest* detail. As you watch, you will feel all the emotions that were created through your higher or lesser choices. If a person, animal, or other living thing was hurt by a non-loving choice, you get to feel that hurt. If love was the basis of a choice that was made, you feel that love.

After the life review is completed, *you* serve as your own judge and jury prior to creating your next life plan. All of this is done with unconditional love and support from your angelic spirit guide and other Master spirits. Then, without any scolding from God, *you* are the one who chooses the kinds of solutions for healing, and the opportunities for learning and growth to be accomplished during your next lifetime.

As you prepare for your upcoming incarnation, you pick your parents, siblings, lovers, friends, and other members of your soul family, just as they choose you for their needs. For the most part, you will continue to repeat your incarnations with many of the same people, especially those closest to you. The choice of who you wish to be with and what you want to do is blended and tempered with the decisions made by all the others who will play key roles in the combined drama. Overall, a

general palette of everyone's upcoming life takes shape that is agreeable to all. Importantly, you will come into your next incarnation at exactly the same level of vibration and conscious mindset as the one just completed.

While making your choices, you may decide to work out negative karma, be in the company and friendship of another because of the joy that she or he brought to you in previous lifetimes, or both. If you feel ready for the challenge and want to speed up your evolution, you may elect to experience a difficult life.

On the other hand, if you've just finished a demanding life, a relatively easy one may be next on your agenda, realizing that a smoother "ride" with fewer difficulties is not as conducive to growth. Or you may decide not to evolve very much at all by making lesser choices to shape your upcoming life plan. As always, the final decision is up to you, and it is plain to see the countless array of choices others have made by simply observing the world around you.

Finally, the more advanced we are, the less time we need to spend resolving unsettled karma in a physical body. Those less evolved are in and out of body very quickly since there are more lessons to be learned and many knots of karma to untangle and heal.

At birth a veil of forgetfulness is cast over the details of your life plan. But that drama is guaranteed to unfold. On-going help is always available from God and your spirit guide. As you pass through life, unplanned synchronous events that come into your life in the form of unexpected people, circumstances, or compelling thoughts will change its direction and play a major role in keeping you on track. It is important to realize and trust that you are not here in body randomly or accidentally and that there are guiding forces in your life at all times. Some are big and easy to spot, while others may be more subtle. The trick is to listen and watch for them.

While in body, your life plan guarantees that a pre-arranged drama will occur, such as a long-term partnership with someone and the children that could come from it. However, once that relationship falls into place, you will find yourself continually confronted with free-will choices that can help you, your partner, and your children learn and grow because of them.

Needless to say you have lived through and experienced many reincarnational dramas before this lifetime, but this cosmic system of justice does work. Eventually, the negative karmic energy and dross accumulated from the past is balanced out with forgiveness and unconditional love. Over time you will learn all of life's lessons that are possible in the flesh. At that point, you are ready to graduate into greater opportunities and adventures that are unimaginable. And you will discover that the

countless lives experienced here on planet Earth is just the beginning of a very long journey of Self-discovery.

During your current lifetime, it helps to be aware of the fact that God gifted you with the most effective way to grow and learn while here on this planet. It is through your relationships with others. And the second most compelling relationships you can have in body are with those soulmates who are most endearing to you, especially the long-term partner who may be in your life this very moment.

~ 9 ~

Soul Mates

"The term soul mates is often used to mean twin souls; but there is an important distinction. Twin souls are two sides of the same soul, whereas group souls, though intimately related, are separate. We have many soul mates but only one twin soul..."

~ Patricia Joudry & Maurie Pressman, M.D.
Twin Souls

For as long as we have had recorded history, the masculine and the feminine energies have always been powerfully drawn towards one another. And yet, few have ever taken the time to ask some very fundamental questions about this magical oneness known as man-woman.

Does it exist by accident? Is it nothing more than a by-product of Mother Nature that guarantees more reincarnated humans? Or could there be a deeper purpose and sacred meaning to it all?

Why do we have feelings of oneness with another that can be so profound at times we want it to last for all of eternity? How do we account for a knowingness deep within our being that often reminds us we are incomplete; that someone, somewhere, will make us feel whole again?

Quite frankly, I can't think of any other human experience that rivals the passion and intensity of falling in love. Perhaps that is why we seem to be so preoccupied with it. Eventually we reach a point along the paths of our many lives when we discover that it has everything to do with God, our souls, and becoming a grander version of who we are.

How did the concepts of soul mates and twin souls begin in the first place? Was it all the result of someone's vivid imagination? Why is the word *soul* common to both?

Why do many find themselves so intrigued by these kinds of thoughts? Is there a difference between the two? How will this affect relationships as we enter the Age of Aquarius? Will a deeper understanding of soul partners and the Aquarian energy

change our lives dramatically for the better? Do we even realize what our soul is up to while on its cosmic journey?

All of these questions are important. If we want to have meaningful soul mate or twin soul relationships, and there is a difference between the two, we must start thinking of ourselves as souls. Unless we do so, these kinds of partnerships will have little chance of reaching their truest meaning and fulfillment.

Soul mates can be lovers, parents, siblings, relatives, best friends, and other persons in our lives who are usually very close to us. As I understand it, four different kinds of soul mate relationships are possible.

Karmic soul mates are two individuals who have come together during a given lifetime to heal something from a past life or previous lives. Their relationship with one another can be very profound and loving, or it can deteriorate into the same negative energy that was created previously. Another possible outcome is that the karma may only be partially resolved, leaving both with more work to do during this or some future life together.

The second kind of relationship we can choose to experience with a soul mate is one that involves important life lessons. For example, during our in-between life stay, we might plan to have a long-term relationship with another that has the potential to teach us the value of patience, forgiveness, tolerance, openness, acceptance, honor, compassion, or other personal qualities that foster inner growth and development. Keep in mind that it could take many lifetimes to appreciate the importance of such traits in order to make them a permanent part of our nature.

The third type of soul mate partnership between a man and woman has been generally referred to as a companion relationship. These are individuals who join together in a bond of deep and profound love to work on a project together. This might involve the formation of a spiritual center, creation of an art gallery, providing a meaningful service to humanity, composing music, starting a green business, or many other projects that might be possible during the prolonged union.

The decision to accomplish a project through this kind of coupling was made by the two individuals prior to entering the earth plane. And their choice to do so was arrived at freely. Like other karmic relationships, this type of partnership may endure for part or all of a lifetime. Once the life-plan contract has been fulfilled, or has reached a point where no more growth is possible from the union, the Universe will move the two souls away from one another so that they can begin their next life dramas.

The fourth soulmate union we almost always have is a very close friendship or relationship with a relative. We join such individuals while in physical body simply to enjoy their love, company and energy. Not surprisingly, these individuals have been part of our previous lifetime experiences on many occasions and will continue to do so in the future.

In his book, *Only Love is Real*, Dr. Brian Weiss gave the best explanation I have ever read that describes how we, our soul mates, and other souls fit within the big picture of creation. Here are some of his insightful words:

"I like to think of soul relationships as similar to a large tree with a thousand leaves on it. Those leaves that are on your twig are intimately close to you... You are also highly and closely related to the leaves on the branch next to yours...They are close to you, but not as close as the leaves on your own twig. Similarly, as you extend farther out along the tree, you are still related to these other leaves or souls, but not as closely as those in your immediate proximity. You are all part of one tree and one trunk. You can share experiences. You know each other. But those on your twig are the closest."

Dr. Weiss goes on to say that there are many other trees in this magical forest, all of which are linked together by an underground root system. Because of this, you are connected to a leaf on the most distant tree and to all the other leaves in the forest.

It is easy to understand how those individuals on our twig, or on nearby twigs and other branches of our tree, are soul mates within the same soul family. This also explains why some of the relationships you have with different lovers, or your parents, siblings, relatives, friends, and other individuals can be stronger and more compelling than others.

We can also see from this beautiful analogy how every soul in the universe is joined together in complete oneness through a cosmic root system we can think of as the all-pervasive God-energy. And, most importantly, we can begin to appreciate that the entire forest, and everything that is associated with it, is God.

It is very important to keep in mind that all soul mate relationships eventually return us to God-centeredness and prepare us spiritually for the eventual reunion with our twin. God created relationships to help us understand and remember who we really are. After all, if you had no one to relate to, how could you know yourself? That is why all relationships are so sacred, extremely valuable, and should be honored and respected for these blessed reasons.

You have your own soulmate stories to tell. Think about the people who have been a memorable part of your life and you will discover them. Some were lovers during your life. Another may have been that shy 6-year old girl or boy who followed you everywhere through grammar school when the both of you were young. Others might be a part of your family, or are your best friends this lifetime around.

These soulmate experiences are also preparing you for the most profound reunion of all; the one that takes place with your twin. This extraordinary experience of the heart and the soul can happen during any lifetime. However, if you and your other half are not spiritually ready and mature enough at the soul level for one another, it will not endure.

The Aquarian energy that is building more and more each day is also having a great impact on the nature of relationships. Eventually, perhaps this lifetime, or during future ones, there will no longer be a need for the lessons of soulmate partnerships. Then you are ready to reunite with the other half of your soul for all of eternity. And, on that sacred day, the angels will applaud and sing their songs of love for both of you.

~ 10 ~

Twin Souls

"And when one of them meets with his other half, the actual half of himself, the pair are lost in an amazement of love and friendship and intimacy and one will not be out of the other's sight even for a moment."

~ Plato
2,500 years ago...

The moment your soul was created it possessed male-female, ying-yang polarity and energy. Father/Mother God's love for you made sure that these two complimentary forms of consciousness, the masculine and the feminine, would be bound together throughout eternity, just as Theirs is, but on a much smaller scale.

The two halves of one soul have been called twin souls, twin vibrations, twin rays, or twin flames. Said another way, there is just *one* mirror image of yourself in the entire universe whose light vibrates with the same frequency as yours. The only difference is that it is of opposite gender and consciousness. Twinsoulship can also be likened to a magnet, which is complete and whole in every way but with two different polarities. That is quite an awesome thought. However, the story is a bit more involved than this simple explanation.

Soon after our souls were created we left the joy and bliss of the Absolute to enter and experience the physical universe in which we currently find ourselves. Originally we were ONE complete soul, one family, one Being. There was no separation. Just complete joy and unspeakable bliss. However, at the moment of creation, when we left the Absolute to enter the universe of duality and opposites, all of that changed.

The ONE Soul, which was originally whole, began to divide into smaller and smaller fragments. This step-wise progression of the ONE to the many would provide numerous opportunities for the newly-formed souls to relate to one another as races, nations, families, or as individuals.

The relationships that formed during the unfolding of creation would eventually find their way into our everyday lives and influence the choices we make. Through those choices we would learn more about our real selves, remember our divine origin, seek

reunion and oneness with one another, and eventually return to our Source. Twinsoulship plays a crucial role in this cosmic drama, and is a very important part of the divine plan.

At the end of the cycle of division, our individual souls made one final and very painful decision. We separated from our twin, the other half of our soul-self, when we lost our way on planet Earth and chose to become physical man and physical woman. And yet, this extremely sorrowful event would ultimately serve a very useful purpose.

Because of the nature of duality, separation of the large soul-clusters into individual soul forms had to be experienced as part of the divine plan. That also included the agonizing possibility of it happening with individual souls should they lose their way in physicality. However, when the time was right, we would have the opportunity to reverse the entire process and experience and feel the ecstatic joy of reunion.

Over the ages, and throughout our many lifetimes, the feelings of separation in the depths of our souls constantly reminded us of our craving for completion with our Source and our twin. That inner hunger for wholeness is why we search for romance and relationship. That is why we have families. It is also why we seek God. We are trying to re-create the same oneness felt in the beginning.

At some magical moment in cosmic time, each of us will reach a critical point during our personal growth and evolution where separation is no longer the path of choice for us. The desire to seek oneness would depend upon our level of spiritual maturity and awareness. As that happens, we begin to remember our divine heritage and realize who we really are: divine Beings of Light.

Awakening to our true spiritual nature takes us on an inner journey that eventually leads to the opposite of separation, which is reunion and brotherhood. As you can well imagine, this realization brings with it profound feelings of love and joy. At that moment, the soul begins to hunger for oneness with its Source. Part of this hunger will be satisfied by reunion with our twin. From what I read, this is when the journey Home begins in earnest.

Our awakening will also inspire us to question, and then cause us to discard, the false beliefs we have about traditional relationships, which are primarily ego driven and fear based. We will discover that in order to have a lasting, fulfilling, and meaningful partnership, unconditional love and forgiveness will have to replace the negative influences of the ego. Once twins begin to think and feel this way they are setting the stage for a serious trial reunion, during this or some future lifetime. Nevertheless, if

reunion should occur, the twins will still have to work at their relationship to make it a lasting and rewarding one.

Twin reunion by itself does not guarantee prolonged happiness. It simply sets the stage for it. Bringing a mature spiritual awareness and a strong sense of Self into a newfound twin coupling will provide the sustenance and glue for its potential success and longevity.

Another very important step prior to twin reunion is the need for balancing the masculine and feminine energies within each of us. The masculine half has always retained some of the original feminine energy that the soul possesses, while the feminine half still holds onto a part of the masculine essence it once was united with.

Over the ages, we have roamed around in this incomplete, unbalanced state looking for soul completion. And we'll continue to experience lifetime after lifetime and relationship after relationship until we decide we've had enough separation from our other half and want something more fulfilling.

One of the most important things to keep in mind is that it is very easy to fall in love with the "picture" of the twin soul concept and be blinded by all the glamour that it promises. It has to be brought into proper balance and grounded in the realization that we are in a material realm and physical body, and all the challenges that go with that.

Another danger is over-idealizing your partner and hyper-romanticizing your relationship to the point where you believe it will last forever regardless of how each of you act or behave. That is not true. Depending upon each partner's level of spiritual maturity, twin souls can have varying degrees of ego issues just as other partners do. However, with further spiritual maturation over one or more lifetimes, such challenges eventually play a lesser role in their partnership.

Over the course of many lifetimes, soul mate relationships prepare us for lasting twin reunion. They are a very important part of the process and should be valued and blessed as such. In almost all cases, soul mate unions will last longer and be far more rewarding than the electrifying, but often stormy immature twin pairings.

Twin soulship is a very highly charged coupling and both partners must be spiritually ready for it to endure. When they are, their union will transcend all others. In today's world, that is a relatively rare event. However, as we transition into the unfolding Age of Aquarius, it will become more commonplace.

What follows is very stimulating information from various sources about twin souls that I've come across over the years. As always, bring this information to your heart and reach your own conclusions about the information it conveys.

Plato

The twin-soul concept is not new. In their wonderful book, *Twin Souls*, Patricia Joudry and Maurie Pressman, M.D. tell us that Plato described it 2,500 years ago. What follows is his description about this magical state of mind, heart, and soul...

"...and when one of them meets the other half, the actual half of himself, the pair are lost in an amazement of love and friendship and intimacy and one will not be out of the other's sight even for a moment.

If Hephaestus, son of Zeus, were to ask the pair; 'do you desire to be wholly one, always day and night to be in one another's company? For if this is what you desire, I am ready to melt you into one and let you grow together, so that being two you shall become one, and after your death in the world beyond you will still be one departed soul instead of two—I ask whether this is what you lovingly desire?'—and there is not a man or woman of them who, when they heard the proposal, would not acknowledge that this melting into one another, this becoming one instead of two, was the very expression of their ancient need. And the reason is that human nature was originally one and we were a whole, and the desire and pursuit of the whole is called love."

It seems that when each of us separated into our male and female halves long ago, the soul knew, and still knows, that the rejoining of its incomplete self would inevitably take place.

The desire for completion doesn't stop there. What the soul really wants is not only reunion with itself through twin half union, but the original feeling of ONEness it had with other souls and its Source that existed at the very beginning of creation. This craving for the original intimacy will not stop until it is fully satisfied. We have as long as we want to make it happen. But it will happen.

The Sufis

Plato is not the only individual who has given us insights into twin soul relationships. The authors of *Twin Souls* also refer to 800-year old spiritual writings of the Sufis which say that...

"Out of the original unity of being there is a fragmentation and dispersal of beings, the last stage being the splitting of one soul into two. And consequently, love is the search by each half for the other on earth or in heaven..."

"As twin souls are so alike to begin with, it seems necessary for them to go their separate ways before they can complete each other. Identity and complementarity are the two driving forces and axes of love...For the complete being there must be a blending of the two."

Sri Aurobindo and the Mother

From time to time, God sends humanity advanced souls who not only teach a better way, but live it as well. So it was with two extraordinary twin soul avatars, Sri Aurobindo and the Mother, both of whom were in body during the 1900s. From a heavenly realm, they descended into our midst and took on male and female forms to help us in our hour of need.

Sri Aurobindo often said that he and the Mother could communicate telepathically with one another because they were one soul in two bodies. Both took on physical forms in order to spread the male (Shiva) and female (Shakti) energy on our planet and serve as an example of service to humanity for all future twins.

Here are some excerpts from a book titled, *Twelve Years with Sri Aurobindo*, that sheds some light on this remarkable union.

"To both of them, the other's word was law. One of us observed that only two persons have realized and put into practice Sri Aurobindo's Yoga of surrender: the Mother surrendering to Sri Aurobindo and Sri Aurobindo to the Mother."

"The two who are one are the secret of all power, the two who are one are the might and right in things."

"The Mother has said, 'Without him, I exist not; without me he is unmanifest.'"

"And we were given the unique opportunity of witnessing the dual personality of the One enacting on our earth-plane an immortal drama, rare in the spiritual history of man."

"The two consciousnesses were one so that when Sri Aurobindo met with the accident, the Mother felt at once the vibration in her sleep."

"He followed closely all her outer activities and enveloped her with an aura of protection against the dark forces."

Edgar Cayce

Edgar Cayce, the remarkable "sleeping prophet," also spoke about twin souls while in trance. He tells us that prior to physical separation the "male and female were as one."

In his historical description of Atlantis, Cayce says that as long as several hundred thousands of years ago...

"There lived in this land of Atlantis one Amillius, who had first noted the separations of the beings as inhabited that portion of the earth's sphere or plane of these peoples, into male and female as separate entities or individuals."

In the book, *Edgar Cayce's Story of Jesus*, Cayce tells us that Jesus and Mary, his mother, were twin souls...

"...you see, in the beginning, Mary was the twin soul of the Master in the entrance into the earth!"

"Neither Mary nor Jesus had a human father. They were *one* soul as far as the earth is concerned."

I discovered more about twin souls while listening to a tape by John Van Auken, Executive Director of the Association for Research and Enlightenment, also known as The Edgar Cayce Foundation. In that tape, a woman mentions to Mr. Van Auken that Edgar Cayce seemed to have many lives as a man. "Is that typical" she asks?

Mr. Van Auken replied that if your root essence is male, then most of the times you will come back as a male, but you will also have some lives as a female, and vice versa.

Mr. Auken then said this about Gladys, the woman who painstakingly transcribed over 14,000 readings for Edgar Cayce when he went into trance during his most recent lifetime...

"His feminine side was going through here at the same time...she was his stenographer, his helper in building the mission and fulfilling the work...it says (in the Cayce readings) that when he comes back as the

Liberator in 2158, they'll come back united, they'll be together, we will see an androgynous expression (of Cayce and Gladys)."

I contacted Mr. Van Auken about this reading to find out if he was saying that these two individuals, who have shared many lives together, are twin souls. His answer was, "Yes, they are twin souls."

Children of the Gods

The obscure book, *Children of the Gods*, was a difficult read for me. However, the author, A. B. Curtis, writes about his grandfather archeologist who, in 1929, returned from an expedition to a sacred Mayan temple where he experienced an unusual preternatural vision. In that vision, cosmic beings revealed many things to him, including the following brief insight about twin souls...

"Wherefore, each single thing becomes two opposites;
the inside of a thing parted from its outside,
the up of a thing separated from its down,
the going of a thing separated from its coming,
the lost of a thing separated from its found.

As result of this impairment, great longing pulls between
to wind the spring that moves the world.
The first division would be man himself,
each part forever seeking its twin.
Hard work for those who think
love is a game to win.
They will, of course, continue to
defeat themselves until remembering."

Eileen Caddy

Eileen Caddy was a remarkable spiritual teacher who helped co-found the Findhorn Foundation in northeast Scotland. Her inspirational life story was described in the book, *Flight Into Freedom*. She received many messages, visions, and tests from God throughout her life in order to help her evolve spiritually. This is what she had to say about twin souls.

"I recalled a vision I had been given back in 1974 just when the first cracks were appearing in my relationship with Peter: I was taken to the beginning of time when humans were etheric beings with bodies of light. Peter and I were in one light body. Then I saw us split in two, and Peter wandered his way and I wandered mine. My being became denser and denser, and I lived through lifetime after lifetime of

tremendous suffering, pain and anguish. I wandered searching for something I had lost but I did not know what it was. I was a lost soul. Peter and I may have been brought together from time to time, but we did not recognize each other. Then I was brought into this lifetime and God said: 'Now is the time. I have brought you together to do a very specific work for me'..."

St. Germain

The following are thoughts by the Master, St. Germain, given to Azena Ramanda and Claire Heartsong in a book titled *Twin Souls and Soulmates*. They provide more insight into the subject of twin souls and how we attract our other half...

Q. "Are twin flames more like a companion of the soul?"

A. It is an identical resonance reverberation of the same frequency within the different (male-female) bodies of energy.

Q. Are many twin flames coming together now in this time?

A. Of course, because many Christ-consciousnesses are being born."

St Germain continues...

"Within your male (twin) soulmate energy essence, there abides a certain frequency that is indeed identical to the same frequency found in the female (twin) soulmate energy essence...there are identical frequencies existing in the opposite bodies of energy, and these you call twin flames."

"Now, experiencing Christ-Consciousness within yourself, loving unconditionally that which you are as you exist and abide in your reality at this point in time, creates the resonance within your being that attracts the identical essence within the opposite body of soul energy. It calls it forth and merges with your energy and you with it."

Kryon

A spirit called Kryon, brought forth through Lee Carroll, is known all over the world. Believe it or not, on three separate occasions Kryon spoke through Mr. Carroll to a subcommittee of the United Nations about the serious nature of our world affairs.

In the book, *Kryon, Partnering with God*, this is what he has to say about soulmates and twin flames...

"There are differences between what causes a soulmate in comparison to a twin flame, these differences have been explained by others (e.g.

St. Germain). The fact remains that they both carry a 'charge' of energy that you feel at the cellular level.

Dear ones, the love of appropriate twin flames or soulmates who have presented themselves synchronistically in your life is one of the highest loves between human beings. It can be between children and parents, or romantically between partners."

A Dweller on Two Planets

Another interesting mention of twin flames comes from a book called, *A Dweller on Two Planets*. This book was written and published by Frederick S. Oliver in 1886. The author claimed he transcribed its contents under the direction of a spiritual being called Phylos the Tibetan. It covers many subjects including reincarnation, Atlantis, the human soul, and other mystical concepts. At one point, Phylos describes a dialogue between himself and his twin, Phyris, when they knew each other before planet Earth ever existed.

What follows is an excerpt that Phyris gave to her twin, Phylos...

"Each man we see, except those who have been transfigured, is but a semi-ego, and each woman the same—two of these having one spirit. When the perfection time cometh, all the halves shall unite, each with its own—and lo! this is the marriage made in heaven. But first comes the Trial—the Crisis of Transfiguration."

Shirley MacLaine

In the early 1980s, Shirley MacLaine described her profound spiritual awakening in a book called, *Out on a Limb*. I have always admired her courage in describing her experience because she had everything to lose and nothing to gain by going public with it. Since then, millions of people have benefited from her books and speaking engagements.

When Ms. MacLaine was going through the early part of her spiritual awakening, she had a private session with Kevin Ryerson, who was well-known for his ability to channel several different discarnate spirits including one called John. During this tape-recorded session, one of the spirits told Ms. MacLaine several things, which only she could know. Supported by these revelations she asked the spirit, John, about her past lives and someone whom she was having an affair with.

Part of the answers given by John concerned twin souls and soul mates. Interestingly, John reverses the definition of the soul mate and twin soul phrases as I understand

them and how they have been described within this book. However, it does not diminish the concept that each of us has another half.

This was the dialogue between Ms. MacLaine and "John"...

"So, who was I in my previous lives?"

"According to the Akashic Records, you were incarnate with a twin soul."

"Oh, what exactly is a twin soul?"

"That question takes a great deal of explanation which I will endeavor to accomplish later. For now, let me begin by explaining *soul mates*."

"Soul Mates?" I asked. I had heard the term from time to time, usually in reference to people who said they had found their other half.

"Soul mates," John continued, "were actually created for one another at the beginning of time, or what you call at the moment of the Big Bang. They vibrate at exactly the same electromagnetic frequency because they are identical counterparts of one another. Twin souls are more common to find because they have experienced many lifetimes together in one form or another. But *soul mates* were actually created at the beginning of time as pairs who belonged together...So you see, there is more to your Big Bang theory than you imagine..and quite romantic at that, wouldn't you say?"

Messages from Heaven

Messages from Heaven was written by Patricia Kirmond, whose husband passed away at the age of 80, during April of 1995. Shortly after his death he contacted his wife, to whom he was married for more than 50 years and gave her many messages over a 3-year period. Some of those insights concerned their twin soul relationship, as well as other references to the twin flame concept...

"Several months after his death my husband told me that we were twin flames, individual souls who were created together in the beginning as one spirit."

"I think that if any aspect of the violet flame is neglected, it is the flame of opportunity which Portia, St. Germain's twin flame, sponsors."

"People feel that finding their twin flame—their divine counterpart who was conceived out of the same white-fire of God—is the answer. But really, finding your true self and resolving your psychology is the greatest gift you can give to your twin flame."

"Ascended twin flames cannot interfere with the free will of their counterparts who are still in embodiment...The twin flame longs for the return and the victory of the divine compliment, but not in any human sense...The one in embodiment may feel a profound loneliness, a sense that something cannot be found on this earth. This one can be married and still sense that something intangible is missing. The solution is to become the Christ, to fulfill your dharma. For every act of good and love you render others, you serve your twin flame as well."

"Everyone seems to search for a twin flame in embodiment. It is important to remember that many twin flames are ascended, waiting for their divine counterparts to join them. The best favor you can offer your twin flame is your willingness to face and conquer your human self."

"If your twin flame is ascended, you are never alone."

"The twin flame is far more apt to find you or appear to you if you place the (spiritual) path before all else."

Brian Weiss, M.D.

Based upon his extensive research and experiences, Dr. Weiss also believes in the concept of twin souls and soul mates. Here are two answers to questions asked of him in his web site. In this exchange, the term, "twin soulmates," is used instead of twin souls...

"Do we have twin soulmates?"

I do think we have a twin soulmate but (twin) soulmates are not always in body at the same time. This does not mean other relationships are not very important for learning.

What if my (twin) soul mate is no longer in my life?

Having a (twin) soul mate connection does not mean that one is obligated to spend a lifetime together. One has many (non-twin) soul

mates in one's lifetime. Often when the lessons to be learned in the relationship are completed, the relationship has a natural ending and the two souls move on. Also, there are many types of love and many types of soul relationships. Romantic love is only one of these types."

The above information suggests that a separation of twin souls occurred at some point during our distant past. Since that time, we've apparently lost our way in this material world and are trying to remember who we really are and reconnect with our other soul-half. When we do, our cosmic adventure within the universe can continue where it left off ages ago.

What's the most important starting point for a twin soul reunion? How do we prepare ourselves for it? It begins with the desire to love yourself and others without any conditions attached and without judgments. Although desire is the starting point, it is not enough. One has to live it day in and day out as best as possible.

When two twins are ready to reunite as spiritual partners, the Universe will create the forces necessary to bring them together for another moment in time. However, the quest for the other must first begin as a search within each of the twins themselves before lasting reunion is possible. Each has to discover his or her individual spiritual nature and God-centeredness. Then they must do their best to live it on a daily basis and foster one another's spiritual growth and evolution.

There are no dependencies in a twin soul relationship because a strong sense of identity has been developed within each of the partners. To reach that point, an awareness of Self and a certain degree of internal male and female balance must first be nurtured and achieved. Then, during reunion, the essence of one simply flows into the essence of the other to create the completeness. There is no effort involved.

It is also impossible for *mature* twin souls to remain separated on any kind of permanent basis. When in relationship, they will continue to have conflicts. However, they will be driven to resolve these conflicts and any past karma as quickly as possible. Nothing is left unsaid or left to chance. Assumptions never enter their minds. All is out in the open. Neither sits, pouts, and wonders who will make the first move at "making up." There are no games, secrets, or clinging to the other. There is no pretending. There is no deception. There is no fear of reprisal for anything they do or say, because unconditional love is the foundation upon which their relationship has been built.

In essence twin souls can simply be their open, honest selves with minimal influence from the ego. And as each conflict resolves, the bond of love between them takes on renewed meaning and strength.

How will you know you have met your twin and how can you differentiate the union from that of a very close leaf and soulmate on your twig? Here are some of the symptoms given by others who have had the experience...

Chances are you've met through a set of unusual circumstances that were totally unplanned and unexpected.

There is a powerful, instantaneous feeling that you have known the other before.

You felt an immediate and deep connection for one another.

There is an electrifying feeling between the two of you that words cannot describe.

The relationship is immediate, as though no time had been lost since you were last together.

It feels as though you had never really lived before the reunion occurred.

You feel a deep sense of sacredness and unity with God that you've have never known before.

It brings on feelings you never thought possible.

The two of you are inseparable.

When you look into each other's eyes, time and space have no meaning.

There are no barriers between the two of you. The relationship is a totally open one.

Your conversations seem to go on forever.

The two of you have a strong urge to serve humanity in a deep and meaningful way.

You give to the other and never think of receiving in return.

There is a special sacredness to your relationship that transcends anything you've ever experienced before.

You still have karma with your twin from previous lives, but the two of you resolve it all with total forgiveness and unconditional love.

Neither one of you are dependent on the other for your sense of self.

There is a strong sense of unlimitedness eternity to your feelings.

Your feelings for each other are very spiritual.

There are no restrictions within the relationship. All is freedom without the need for ownership or control.

The two of you know without doubt that you have been brought together for a reason.

You do not compete with one another nor do you pretend to be other than who you are.

In spite of your sameness, there is no doubt you feel a sense of completion through the other.

Trust, patience, and acceptance of each other's weaknesses happen automatically.

There is a great sense of purpose and meaning to the relationship.

Your sexuality is a sacred act that celebrates the unconditional love that each of you feel for the other.

The two of you become more and more one, without losing your individual identities.

When you look into the other's eyes, you see yourself.

You experience a sense of completeness that is without comparison.

The degree of intimacy and friendship the two of you develop is without parallel.

You recognize that the two of you are Godmates.

There is no doubt that some of the symptoms described above are also common to soul mate relationships. What really sets the mature twin soul union apart from all the rest is the profound degree of completeness experienced and the overwhelming sense of spirituality unique to these partnerships. In advanced twinsoulship, the two most powerful characteristics of spiritually evolved twins is their powerful connection to the divine and their desire to serve humanity in some meaningful way.

If you'd like to get a sense of what the compelling profoundness of twin soul union and the passion for soul completion might be, watch the classic movie, *Somewhere in Time*, with Jane Seymour and Christopher Reeve.

As mentioned earlier, one of the most important steps towards twin reunion is the balancing of the masculine and feminine energies in man and in woman. Depending upon one's stage of evolution, it may not be possible to achieve in one lifetime. However, until we do, twinsoulship will continue to be a very powerful but hurtful experience at best.

*"The supreme state of human love is the
unity of one soul within two bodies."*

~ Sri Aurobindo

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The Masculine and Feminine Energies

"The masculine is sovereignty, the crown upon your soul. Femininity is humility and unconditional love, the heart within the breast of your soul and together they make the whole soul essence."

~ St. Germain
Twin Souls & Soulmates

We live in a physical universe filled with countless opposites. This divinely created polarity is found in all things including our emotions, feelings, and relationships. That is, for male there is female, for sadness there is joy, for fear there is love, for hatred there is compassion, for anger there is forgiveness, for control there is freedom, and so on.

Eastern mystical teachings tell us that the male/female principle of polarity was, and still is, the driving force of creation. Its divine magic ordered and arranged our physical universe and all that it contains, including you. On a much smaller scale, the two Mother/Father polarities of energy are an integral part of our souls and the core essence of who we are.

Prior to the Fall of humanity, our natural spirit-form was that of an androgynous Being of Light. Our one, whole, etheric body contained a masculine and feminine consciousness, which gave it two distinct yet perfect sources of complimentary influence to draw from. This complete being was a divinely balanced blend of two twin consciousnesses within the same soul. And it existed and behaved in perfect harmony.

We came to Earth millions of years ago in order to experience and feel physical sensations at the 3-dimensional level and to bring a sense of Godliness to this plane of existence. We then lost our way as we became more and more attached to the physical pleasures Earth-life had to offer. Eventually, our God-centeredness was replaced by an ego-driven state of mind. This in turn led to excessive fear, self-centeredness and separation, which still exists to varying degrees up through today. At some point, our etheric androgynous body separated into two halves and became

physical man and physical woman. That is when the masculine and feminine were no longer in balance and harmony.

In order to help us remember who we really are, the reincarnational cycle and the law of karma that goes with it pulled us into its grip. We have been on that wheel of life-death-life for ages trying to recall our divine origins so that we can reclaim our God-centeredness, rebalance the feminine and masculine, and reunite with our twin soul.

When twin souls separated from one another, the male essence took on a masculine root gender in the physical world; the opposite occurred with the feminine. When that fateful split took place, the male half retained a vestige of his twin's feminine energy. The reverse happened to his eternal counterpart.

Over many lifetimes, each male and female half has been trying to bring his or her masculine and feminine energies into balance just as they existed in the androgynous state. This does not imply that a woman has to be half feminine and half masculine. It means that she needs to fully re-develop her powerful feminine side, while at the same time allowing her "lesser," but very important, masculine traits to reach full potential. The opposite holds true for a man. When the two twin halves have balanced their male and female sides, and have reached a strong sense of Self and spiritually maturity, they are ready for lasting reunion.

Over the past several millennia, the masculine and feminine influences reached profound moments of extreme unbalance. Thousands of years ago the female energy dominated; just the reverse of what it is today. And men came to fear women because of it.

Approximately 2500 years ago the relationship between men and women reversed and man's innate fear of woman caused the feminine to be suppressed. But that is changing rapidly and dramatically today. The feminine energy is rising once again. And its powerful influence is driving the spiritual and social transformation of our planet and all of its inhabitants who are open to its invitation.

Below are some of the complimentary masculine and feminine energies and how they can harmonize and balance one another...

Masculine Energy

doing
aggression
analytical
concrete
impatient
striving
rushing
assertive
left brain
thrusting
organizing
logical
busy
hard
controlling

Feminine Energy

being
surrender
intuitive
abstract
patient
tranquil
nurturing
receptive
right brain
receiving
contemplating
creative
calm
soft
allowing

When examining these characteristics, we see that a man's masculine energy wants to "do." That is a wonderful quality to have because it harnesses the creative force, puts it into motion, and something concrete happens. However, it must be balanced and harmonized with its feminine counterpart, "being," or "not-doing." Too much doing is not healthy for the spirit, mind, and body. Thus, for the most part, a man should do. But he must also learn that there are times to just "be."

We also see that one of the powerful qualities of a woman is to "be" in the moment. Visualize a mother patiently holding her baby for hours on end, slowly rocking the child and gently patting its back because of some distress it is going through. This reflects the wonderful feminine strength of "being." And yet, there are times when that same woman must also balance that divine gift with her masculine side that wants to "do."

What are the proper proportions of masculine/feminine energy for today's man and woman? My guess is that the woman's feminine side should be approximately seventy percent of her nature and her male energy about thirty percent. For a man, it would be just the opposite.

There is a massive shift in consciousness taking place in our world today. The material ways of life are of less importance to many, while the spiritual becomes more and more vital and fulfilling. As we go through this profound shift, many individuals are experiencing a deep, inner change as well. As this change intensifies,

each of us must learn to bring into harmony the masculine/feminine energies that make up our nature.

Men must learn to be less controlling and more allowing in their ways. Women must be more assertive without sacrificing their warmth and softness. Men must not be afraid to cry and show their feelings. Women need to express themselves more. Men must rely more on their intuition, while women should develop their logical thinking. Men need to stop doing and striving so much and learn how to "be." Women need to become more independent and expressive. As always the key is balance.

Here is more wisdom about the masculine and feminine energies from the spirit P'taah taken from the book, *The P'taah Tapes: An Act of Faith...*

Q: "In our solar system, then, there would be a balance with male/female energies?"

A: P'taah: This is to occur, dear one. That is part of the changes coming forth. And that is how humanity will come into expanded consciousness—that they may at will tap into the Goddess energy, female energy; the feminine principle...and so it is that all of humanity, whatever their gender, are to come into that allowance, so that there may be that balance...And it is the balance of those polarities that creates what is called the jump in frequency."

"Well, all of you here have seen the changes coming forth, and it will be more and more. It is not to decry that which is masculine energy, it is to have balance—that man and woman may have the balance of masculine and feminine energy. It can be likened to the two wings of a dove, dear ones. The dove will not fly on one wing."

"...let there be no mistake about it: woman is in truth also coming from masculine energy. Your whole era, your whole Earth is geared to that at this moment and that is one of the changes of this New Age. It is also called the arising of the Goddess. It is not just in woman, it is also in man."

Along with all of the changes we are witnessing today, we are entering a new age for relationships as well. Be they soulmate or twin flame, each partner must try to reach a healthy balance of the male/female energies that are part of one's make-up. As we look around the world today, that is beginning to happen. Many women are developing a greater sense of themselves. On the other hand, men have begun to nurture and allow the tender qualities of their feminine side.

The influence of the birthing Aquarian Age will prompt each and every one of us to rebalance the masculine/feminine energies within our nature. As that occurs, the quality of our partnerships will increase dramatically. And the ego will have less of a chance to threaten its permanence and well-being.

~ 12 ~

Ego and Relationships

"When we begin to discuss deep, personal relationships, we are led to talk about unconditional love; because that is the eventual goal. And unconditional love cannot be experienced without help from the Source itself. With that help, it is possible one day to realize you have left possessive, dependent love behind."

~ Bartholomew
Bartholomew, Planetary Brother

The ego. It lives deep inside your mind. It thrives on fear, judgment, expectations, jealousy, hatred, bitterness, control, selfishness, greed, doubt, separation, anger, and many other negative thoughts and emotions.

Hard as it to believe, the ego does have a useful purpose in our consciousness. Before we lost our way on planet Earth aeons ago, our ego was in perfect balance with the rest of our mind, and was responsible for keeping us out of harms way. However, after the Fall of mankind into three-dimensional reality, its influence increased far beyond its intended role and eventually dominated the way we thought. For many today, the ego still causes too much out-of-balance, fear-based thinking and choices. During our journey of self-perfection on planet Earth, our goal is to return the ego to its rightful place.

The ego, which is famous for making judgments about others, is also the root cause of most failed relationships, especially the romantic kind. In the wonderful book, *Bartholomew, Planetary Brother*, the Spirit Bartholomew has some very insightful things to say about the ego and relationships. His words and insights are much better than mine so I'll let him speak for himself...

"When we begin to discuss deep, personal relationships, we are led to talk about unconditional love; because that is the eventual goal.

Many of you feel this kind of deep love is beyond your reach until you 'fix' yourself and your life.

That will never happen...you will never be fully content with yourself and your life when you view it through the ego.

Your ego would like you to believe love is complicated.

You have all had moments where you experienced deep love...those moments are difficult to maintain when they are shattered by the arrival of perceived differences, feelings of superiority, judgment, inferiority, and separation.

With the arrival of separation, the feeling of love seems to disappear... what has happened to that feeling?

Let's say you meet someone and find yourself enchanted by this person...deep within you something moves...you feel, not just excitement, but a sense of being comfortable, of being safe, of being in the presence of something so important and so special that you find yourself willing to share your life with the person you think gives you those feelings.

When you meet someone whose energy field moves you in such a way, some aspect of your soul, the God-part of you responds.

In those early days, weeks and months of the relationship that feeling is built upon.

Here is a person you can share everything with...who, from the depths of their being, shares who they are with you.

In the presence of each other, you both find yourselves more forgiving...things that would, in the past, agitate you terribly fade into the background.

When you have this love in your heart you become more allowing, more understanding, more loveable yourself...these are truly magic moments.

This coming together is a moment of recognition, when the possibility arises that there may be one person who will find enough value in you to stay steady in your life thereby, giving you the opportunity to find out who you really are.

Then one day, perhaps without even knowing where it comes from, there arises in your mind a judgment.

'Hmmm,' says the lover about the beloved, 'I don't think I like what is happening...I think it might be a little uncomfortable to live with that characteristic for the rest of my life'.

At this point nothing is said; but the moment that first small judgment comes in, you begin a process that you may be stuck with for the rest of your relationship.

The process is...judgment leads to doubt, which leads to more judgment, which then accumulates over the years.

Of course, the other person is in the same process so at the very earliest stages, this separation begins to arise, and it will continue if nothing comes to break the pattern.

At the start of the relationship, when the soul began to move toward a partnership of deep union, that yearning was so powerful it was able to silence this judgmental little voice.

But the little voice (ego) is speaking quietly in the background all the time, whispering things like, 'He or she didn't do it right, didn't do it quickly enough; or my beliefs, or family or background are just a little more 'right' than his or hers'.

When this powerful, new love energy wells up, the small, insistent, nagging ego-voice seems to cease...remember this, because this is where your hope lies.

It is possible to begin to silence the ego by getting in touch with how you felt when love first sprang up in your heart.

Most people, however, try to find another person to feel this with instead of trying to find what once was."

I could go on for quite some time with Bartholomew's wisdom on relationships and the role that ego plays in weakening them. In essence what he is saying is that there is a real purpose behind relationships, especially the romantic kind. That is, in the early stages of romance, we love every thing and every one. All is sacred. We are patient, tolerant, accepting of the other's faults, forgiving and understanding, gentler, kinder,

giving, joyful, and we become so lovable ourselves. This is the divine goal of romance; to bring us to an understanding of unconditional love, feeling it, and then living it the best we can.

In the process of being unconditional love, the ego slowly recedes into its rightful place within our minds and we awaken more and more to God-centeredness and our true spiritual nature. Then we are free as we were a long, long time ago.

Bartholomew also tells us that we enter relationships because we are seeking God. What does that mean? It all starts with your soul, which is a portion or spark of All That Is. As a part of God, what the soul really wants, what it is always seeking is the experience and feeling of being God. It can only achieve this through love. Said another way, the *feeling* of love is how we can *experience* God, which is exactly what happens when we "fall in love."

Falling in love is a very profound experience. It serves to remind us that love is the highest emotion we can feel and the grandest experience we can have. We need to realize that seeking intimate love with another is no different than seeking it with God. And it is the highest choice we can make.

There are many ways to make relationships as loving and rewarding as possible. The ones I list below are primarily for the romantic kind, but can also be applied to any we might have. The key is to use the relationship for its divinely intended purpose: to help you decide who you really are and what you want to do with that profound knowledge.

Twelve Insights for Relationships

Be yourself and honor your partner's right to do the same.

Don't expect your partner to act or be a certain way.

Try to avoid wants, needs, and jealousies; they weaken the bond of love.

At all times, try to be honest and truthful with your partner.

Do your best to create an atmosphere where feelings are shared openly and without fear of retribution.

Take full responsibility for your actions; resolve, forgive, and heal each other's hurts without delay.

Nurture communication at the soul level; intimacy creates lasting oneness.

From time to time, ask one another, "How are we doing?" Then discuss it openly and at length.

Try not to limit or control your partner; you do not own one another.

Your partner should be your best friend. If not, something is out of balance.

Use sexuality to celebrate your love, not to satisfy your basic desires.

Ask Spirit to bless your union with unconditional love, patience, tolerance, and understanding in place of ego and fear

If, for some reason, you and your partner should go your separate ways, do so with unconditional love for one another. Realize that each of your life plans brought the two of you together in order to learn and grow from the union. When that purpose has been honored and served, and no further soul-growth from the relationship is possible, the parting must occur. Then, bless your former partner and realize that the two of you did your best to help one another on the journey towards Oneness.

More Insights for Partnerships

Unconditional love, which contains no judgment, should be the foundation upon which your relationship is built.

You can't love another fully if you don't love yourself.

Expectations are relationship enders.

When we expect our lover to do this or that and they don't, we get mad and disappointed. The relationship then suffers because of it.

Another relationship ender is needing someone.

We should not look to the other to fill a void in ourselves. Rather, in a process of mutual sharing, we should bring, as best as possible, a completed sense of self to our partner.

As soon as we need the other, it is an admission that we are lacking in our own wholeness. It can also become an obsession, which throws the relationship out of balance.

Never need. It limits and suffocates.

Always be yourself. Never pretend. If one or the other partner finds this difficult, then an imperfection is in need of balancing and healing.

Do not believe that falling in love will make you happy and end your loneliness.

As best as possible, try to find happiness, balance, and wholeness within yourself. Then, share this inner completion and happiness with the other.

Jealousy and competition have no place in a relationship. If it is present, something is out of balance within the individual and needs to be brought to the surface and healed.

Total freedom, not limitation and restraint, is the key to successful relationships so long as each partner acts responsibly in doing so.

Sexuality can be as passionate as it can be sacred.

Never let a relationship cause you to lose your identity or sense of self. Relationships should empower, since they help to remind us who we really are.

If you do not see one another as two souls on a sacred journey, the partnership can still be a rewarding and useful one. However, the profoundness and meaning of the union is not as deep and unifying as it can be.

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## Forgiveness...Our Most Important Lesson

*"Cause your days and nights to be reflections of the highest idea within you. Allow your moments of Now to be filled with the spectacular ecstasy of God made manifest through you. Do it through the expression of your Love, eternal and unconditional, for all those whose lives you touch."*

~ Given to Neale Donald Walsch by God  
*Conversations with God - Book 2*

This is the shortest chapter in the book, but it contains our most important lesson while in Earth school. It has to do with forgiveness, whether it be in relationships or interactions with those we don't know. Why is forgiveness our most important lesson? Because it compels us to have unconditional love for others, just as God has for us.

During the fall of 1998, I was given a grant to attend a weekend seminar by Neale Donald Walsch in upstate New York at the Omega Institute. At the end of the seminar, Mr. Walsh told a story that was meant to raise awareness about the origins of forgiveness.

There were 175 people in the room. When he finished his story I don't know of anyone who didn't have tears in their eyes, including myself. It brought on a whole new meaning of forgiveness for all of us.

I will do my best to retell his story...

In the beginning, just before the physical universe in which we live was created, God called all the spirits (souls) together and told them that they would soon be going into the new world. It was made just for them so that they could experience and feel things that weren't possible in the Absolute, where unspeakable joy and unconditional love for all made us ONE. However, in the Absolute, all we could do was know things. It was not possible to experience or feel them, because there were no opposites or conflicts in that blissful place.

God explained that in order to feel and experience things, everything in the physical universe had to have an opposite. So, for joy there was sadness, for love there was fear, for health there was sickness, for light there was darkness, for emotional and physical hurt there was forgiveness, for male there was female, and so on.

In the Absolute, we knew of these things, but that wasn't enough. What we really wanted was to go beyond the knowingness. We wanted to experience and feel what we knew and so did God, through us.

God stood before all the assembled spirits and described the different emotions that could be experienced in the new universe. One of the spirits ran forward and said "There is so much to choose from, but what I'd really like to experience and feel is forgiveness." God smiled and said that was a wonderful choice.

God then explained to the eager spirit that forgiveness could not be experienced or felt unless there was at least one other spirit involved. Forgiveness, or any other emotion, could not be experienced alone. There had to be at least two spirits involved in such a drama. No sooner did God say this when another spirit ran forward excitedly and said "I'll be the other person...I'll volunteer!"

God then explained to the two spirits that in order for forgiveness to occur one spirit would have to hurt the other spirit in some way, whether it be physically, emotionally or both. This would cause pain, suffering, and anger. That would be the only way forgiveness of one for the other could be felt or experienced.

The first spirit said it still wanted to experience forgiveness, because unconditional love for another was the highest choice one could make and the grandest feeling one could experience. God smiled warmly at both of them.

The other spirit looked at his friend and said "I will be the one who hurts you. But, when I do, try to remember that I'm doing this out of unconditional love for you...so that you may experience and feel compassion, love, and forgiveness for me."



## PART III

## Extraterrestrials, Advanced Civilizations, and Humanity

*"I will demonstrate that virtually every current belief system that delves into the origins and development of humanity is full of untruths and distortions that serve to keep the reality of human origins concealed."*

~ Arthur David Horn, Ph.D.  
*Humanity's Extraterrestrial Origins*

Arthur David Horn received his Ph.D. degree from Yale University in 1976, majoring in biological anthropology. After graduating he taught the same subject for fourteen years as a professor at Colorado State University.

In 1988 Dr. Horn met an alternate-minded, new age-thinking woman from California who eventually became his wife. She exposed her husband to other sources of wisdom and truth, which changed his life and perspective dramatically.

After a great deal of research and reflection, Dr. Horn realized that the belief systems we have been taught regarding the origins and evolution of the *physical* bodies that we occupy as spirits are not true. On the contrary, they serve an agenda that many Western religious institutions and governments have propagated and used for their own self-serving purposes. Over the years, this same misinformation has influenced and controlled the thinking of far too many individuals, and has done a great disservice to much of humanity.

When Dr. Horn realized this, he felt a deep need to retain a sense of personal and professional integrity, and resigned from his professorship. He simply could not teach the establishment view of our *physical* origins to his students anymore. He then wrote *Humanity's Extraterrestrial Origins* while living a simple life in Mt. Shasta, CA with his wife.

I have a great deal of admiration for people like Dr. Horn. It's not easy to walk away from consensus reality and leave one's "previous" life behind. This is especially true after having spent years of hard work obtaining a doctoral degree and all the personal and professional rewards that go with it.

Building upon his extensive knowledge of evolutionary patterns and forces, Dr. Horn tells us that there were unexplained, sudden jumps or explosions in the distant past, which caused new categories of life forms to appear, including ape-like pre-humans. Furthermore, there have also been instances in which various life forms emerged simultaneously, or parallel with one another, which contradicts the gradual step-by-step approach that is typically the case with normal biological evolution.

These mysterious explosions and simultaneous jumps in evolution cannot be explained by today's scientific theories, including Darwinism. Rather, it's as though an otherworldly force influenced these natural processes by speeding up what would normally take millions of years to unfold. This applies to the physical bodies we, as spirits, occupy today in order to take on and complete our reincarnational drama. If these physical forms didn't exist, we wouldn't be on this planet.

When Dr. Horn examined the sequence of pre-human forms that began to appear 4-5 million years ago, there were the same mysterious jumps in structure and appearance that sped up the emergence of our ancestor's physical bodies. These spurts cannot be explained by establishment theories of evolution and are ignored by mainstream scientists. Once again it appears that off planet forces intervened to speed things up rather than letting nature take its normal course. The nagging question is "Why?"

### **The Sumerians**

Sudden jumps in evolutionary patterns can also be found from time to time when one studies past civilizations. For example, the Sumerians, who appeared approximately 5,000 years ago in the area of what we know today as southern Iraq, left us many archaeological remains that cause us to scratch our heads in wonder and disbelief.

Dr. Horn points to the scholarly work of Zecharia Sitchin who tells us that the Sumerians did not gradually evolve into existence. Rather, their civilization appeared overnight complete with mathematics, language, irrigation systems, farming, writing, and an extensive knowledge of the heavens. Who helped them with this?

Furthermore, the people of Sumer were not primitive Bushmen as we have been led to believe. Amazingly, one of their pictorial drawings (below) shows the planets in our solar system revolving around the sun; something we discovered with our telescopes just 500 years ago. Also notable is that this same drawing depicts *twelve* planets in our solar system, not today's accepted count of eleven. One has to wonder whether this twelfth planet is the mysterious Planet X.

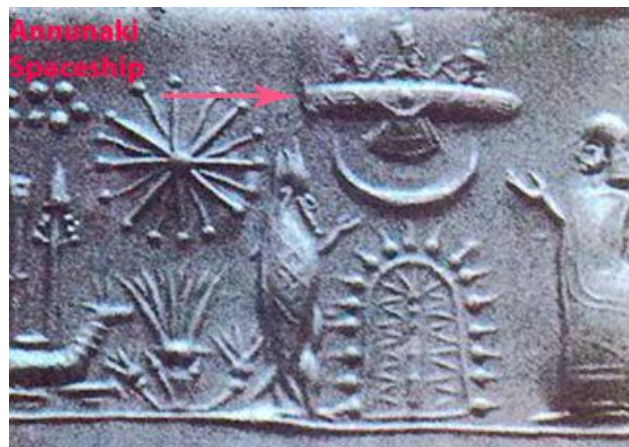


The Sumerians were also aware of the distant planets in our solar system: Pluto, Neptune, and Uranus, which cannot be seen with the naked eye. And they knew that Neptune had water on it! How did they know this?

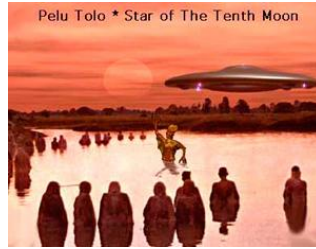
### **Zecharia Sitchin**

Zecharia Sitchin's most popular book, *The 12th Planet*, is in its 45th printing, and has been translated into 23 languages with millions of copies sold worldwide. He is also one of a handful of individuals in the world today who is able to translate the Sumerian cuneiform clay tablets, which pictorially depict their interesting history. His research findings are internally coherent, and no one in the scientific community has stepped forward with a sound argument that refutes his observations and conclusions.

After a great deal of painstaking research, the author concludes, amongst other things, that the Annunaki from the 12th planet (Nibiru) in our solar system created the forerunners of the Sumerians, and then interacted with their descendants more than 5,000 years ago. In the below image, Mr. Sitchin believes this ancient Sumerian cylinder seal describes an Annunaki flying machine.



## The Dogon of Africa



It doesn't end there. Dr. Horn tells us that "one of the strongest exoteric pieces of evidence indicating ET visitation and interaction with human affairs comes from the Dogon tribe of West Africa...The credibility of the Dogon oral history is greatly enhanced by the fact that they have knowledge of the heavens that our scientists have only recently acquired..."

The Dogon have known for thousands of years that Sirius, the brightest star in the sky, is a double star system. That is, Sirius A, the main star, is visible to the naked eye. However, it has a companion known as Sirius B, which orbits Sirius A. Sirius B is a white dwarf and can only be seen with modern-day telescopes. How did the Dogon know that Sirius B exists?

The Dogon also know that the orbit that Sirius B takes around Sirius A is elliptical, or egg-shaped, rather than circular. We only discovered this within recent times!

The oral history of the Dogon has been faithfully passed down to each succeeding generation for thousands of years. It refers to entities from the vicinity of Sirius, who visited their ancient ancestors in an airship. The extraterrestrials taught them many things including how to live in harmony with their own divine nature.

Below are other excerpts from *Humanity's Extraterrestrial Origins* that raise other questions regarding our ancient history on this planet...

"I wondered for example, why the ancient Egyptians and Sumerians [5000 years ago] seemed to have been more advanced in many ways , than the much later Romans and the Europeans of the Dark Ages [500-1000 years ago]."

"Von Daniken suggested that the ancient astronauts, or extraterrestrials, had somehow given biological evolution a boost that would allow humans to be able to maintain a civilization."

"When one considers the available historical evidence of considerable ET involvement in human affairs, the scientific view [Darwinism] becomes the most unbelievable, farfetched, implausible theory of human origins and development ever put forth by humankind..."

"Could it be that Darwinism is part of a massive cover-up of the ET influence on humankind? The answer is yes..."

"Mesopotamian [Iraqi, eastern Syrian and western Iranian] historical records and other sources, including esoteric sources, indicate that ETs genetically engineered modern humans and instigated the rise of civilization."

"We will see that both positively-oriented and negatively-oriented ETs were involved in the development of humankind from the beginnings of this Earth, but that negatively oriented ETs have largely been in control of the Earth for the past several thousand years."

"The main method negatively-oriented ETs have employed to keep humankind divided and controlled is by distorting and hiding spiritual truths."

"...the good news—that positively-oriented ETs and other positive entities are trying to help humans expand their consciousness and spiritual understanding..."

"The Swiss Pleiadians talk of enormous changes that are going to take place on this planet during the coming years. They talk of a grand plan, part of which is designed to place our planet back in the hands of the 'Family of Light,' from whom it was rudely seized by the 'Family of Darkness,' some three hundred thousand years ago."

"Despite evidence of considerable ET influence on this planet, during this time of rapid change, each individual human is ultimately in charge of their own lives, their own reality, especially their own spiritual evolution."

Supporting Dr. Horn's views of an extraterrestrial presence and influence throughout our planet's history are unexplained artifacts that have been left behind for us to think and wonder about. These mysterious relics strengthen the argument that Earth has been visited by extraterrestrials and that other civilizations have existed here millions of years ago. It's hard to disprove this evidence in spite of the fact that mainstream

scientists sweep it under the rug or refute it without coherent explanation. This in-denial approach is typically the case when out-of-place artifacts challenge accepted archeological theories and beliefs and threaten their comfort zone and status quo.

I'm convinced that Earth has been visited time and time again by extraterrestrials from other star systems. I also believe that there have been instances when more advanced beings traveled here to establish colonies. On other occasions our planet has been used by groups of individuals for reincarnational purposes. It also seems plausible that both scenarios can occur simultaneously. And there are countless planets in our universe besides Earth that can serve the same purpose.

It is well known that Earth goes through continuous cycles of physical change. From time to time, a favorable window opens up making it fit for habitation by individuals with 3-dimensional physical bodies. The past 10,000 years or so has been one of those windows. During that time, we have mushroomed from a handful of ancestors to more than 6.5 billion people on a gigantic karmic adventure.

For sure, others have come before us, each with their own purpose, bad and good, peaceful and aggressive. Civilizations such as Atlantis, Lemuria, and others have been a part of this planet's history. After considering the evidence, you too may seriously consider that we are not the first to come here to use this remarkable planet for our ongoing cosmic journey.

Below is a partial list of discoveries, which strongly suggest that others have been here before us. The collective impact of this evidence deserves the serious attention of an open mind and should not be ignored...



The 1896 edition of the journal, *American Anthropologist*, described the discovery of a fossilized human imprint made in stone near Parkersburg, West Virginia. The track left behind was seventeen inches long. The stone it was embedded in was dated at 150 million years old. Could it belong to one of the giants described in the Bible?

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In 1944 a metallic bell approximately eight inches long was found inside a large piece of coal that had been mined in West Virginia. The discovery was made by Newton Anderson. The bituminous coal that was being mined in his area of the state was estimated to be about 300 million years old.

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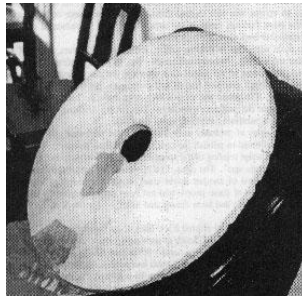


Over the past thirty years, the Wonderstone Mine in South Africa has yielded many interesting discoveries. During that time, workers have unearthed metallic spheres ranging from 1-4 inches in diameter with mysterious parallel lines encircling them.

These mysterious metallic-like objects, known as Klerksdorp Spheres, are extremely hard, and their surface cannot be dented or scratched, even by steel.

The rock formations from which these curious spheres were extracted are considered to be 2.8 billion years old! At least 200 of these strange objects have been found.

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In 1938 Chi Pu Tei was a professor of archaeology at Beijing University. While exploring caves in the Himalayan Mountains, he and his and his students made a remarkable discovery. They found hundreds of stone discs, about one foot in diameter, estimated to be twelve thousand years old.

Twenty years would pass until by Dr. Tsum Um Nui of Beijing would examine the disks. Upon close examination, he could see that hieroglyphic symbols were carved into the spiral tracks on the disk's surface.

Dr. Tsum translated part of the message that the mysterious glyphs held. Amongst other things, they told a story of spaceships piloted by people called the Dropa, who crash landed in that mountain range.

Out of fear, the local people near the crash site killed many of the crash survivors, which may have accounted for the skeletal remains found in the same cave as the Dropa Stones.

Dr. Tsum's findings were subsequently reported in the scientific literature. Not surprisingly, his published work met with a great deal of skepticism and derision.

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In the 1851 June issue of *Scientific American*, a report was published, which described a metallic vase that had been blasted out of solid rock by laborers doing excavation work on Meeting House Hill in the town of Dorchester, Massachusetts.

The bell-shaped vase measured 4.5 inches high and 6.5 inches at the base. Laboratory analyses showed that it was composed of an alloy consisting of zinc and silver.

The sides of the vase contained flowery figures in a beautiful bouquet arrangement that were inlaid with pure silver. The rock from which it was blasted was estimated to be 100,000 years old.

Following 150 years of on-and-off investigation, the artifact's origin remains a complete mystery. Initially, the vase was given to Harvard University. Since then it has been in the care of the Museum of Fine Arts in Boston, who joined with the Massachusetts Institute of Technology in an attempt to determine its place and period of origin.

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A coin-like object with various drawings on its surface was discovered in a well boring more than one hundred feet below the surface in the vicinity of Lawn Ridge, Illinois. Based upon the depth

of the well and the debris that was recovered, the object was estimated to be 400,000 years old.

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In 1929, a group of historians found an amazing map drawn on a gazelle skin.

Subsequent research showed that it was a genuine document drawn in 1513 by Piri Reis, a famous admiral of the Turkish fleet in the sixteenth century.

The map shows mountains, streams, and various land masses in the proper size and proportion. It even shows the flow of many rivers and streams in the right direction.

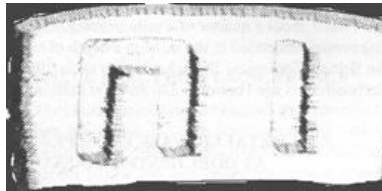
Here is the astonishing fact. Most of the South Pole has been covered by ice for thousands of years and perhaps longer.

It is also a known fact that the South Pole was not discovered until 1818 more than 300 years after a copy of the original map had been made

The Piri Reis map shows the western coast of Africa, the eastern coast of South America, and the northern coast of Antarctica. The northern coastline of Antarctica *underneath the ice* was also perfectly detailed. Even the United States Air Force attests to its general accuracy.

In order to draw a map of such large scale and correct proportion, it would have to be argued that it was done from a point thousands of feet above the Earth. Why? Accurate maps of this sort cannot be made without sea-going clocks that provide precise measurements of latitude and longitude. These instruments were not in existence 500 years ago.

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A block of marble was taken from a quarry near Philadelphia Pennsylvania during the 1800s. Letter-like shapes were discovered inside the stone slab.

The marble was extracted from the quarry at a depth of sixty-seventy feet. The rock strata that contained the marble were estimated to be 500-600 million years old.

This finding was published in the *American Journal of Science* in 1831.

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At the end of the last ice age some 13,000 years ago, sea levels rose an estimated 400 feet. As a result, any towns, cities or villages built near a coastline would have been lost beneath the oceans.

In 1985 the ruins of a submerged city were accidentally found by a local fisherman off the coast of Japan in water that was approximately 100 feet deep.

The Yonaguni Ruins, as they have come to be known, seem to be an urban development of sorts that cover 311 miles and actually includes eight individual sites.

Divers have reported that, in addition to the massive eight-story tall structures, there is also clear evidence of roads, paved streets, and huge altar-like formations, all of which has been confirmed with underwater photography.

Dr. Robert M. Schoch, a full-time faculty member at Boston University, who obtained his Ph.D. in geology and geophysics at Yale University, has conducted extensive research into the Yonaguni site, as has Professor Teruaki Ishii, a professor of geology at Tokyo University. It appears that the underwater structures are at least 8,000 years old.

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Off the coast of Cuba there is another place where evidence of a sunken city is apparent. The discovery took place deep beneath the Yucatan Channel, off the coast of Guanahacabibes in western Cuba.

The Russian-Canadian oceanographer, Paulina Zelitsky, and her team have used sophisticated sonar equipment, which revealed images of symmetrically organized stone structures that are similar to an urban-like development.

The site is contained in a sizable area of approximately twenty square kilometers, and like Yonaguni, is said to include roads, pyramids, and other large structures.

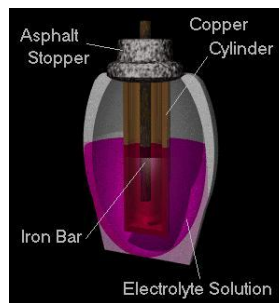
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In the early 1900's, Edgar Cayce predicted that evidence of the lost continent of Atlantis would appear in the Bahamas in 1968 or 1969.

In 1968 pilots photographed structures that resemble buildings, walls, and roads under the clear waters not far from the Bimini shoreline. Many aerial and underwater images show large rectangular blocks of stone laid out in sequence forming a road-like form.

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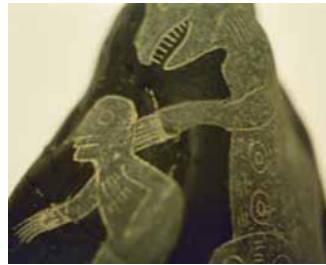
In 1936 a strange battery-like vase was found in Baghdad while workers were excavating the ruins of a 2,000-year-old village.

A 6-inch high pot of bright yellow clay estimated to be 4,000 years old contained a cylinder of sheet-copper 5 inches by 1.5 inches. The outside edge of the cylinder was soldered with a 60-40 lead-tin alloy comparable to today's solder. The bottom of the cylinder was capped with a crimped-in copper disk and sealed with bitumen or asphalt.

Another layer of insulation made of asphalt sealed the top and also held in place an iron rod suspended into the center of the copper cylinder. The rod showed evidence of having been corroded with an acidic agent, which is reminiscent of today's batteries.

The mysterious object is known as the Bagdad Battery.

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In the town of Ica, Peru, there is a unique collection of over 11,000 stones that were collected, organized, and analyzed by Dr. Javier Cabrera Darquea.

Over the years, Dr. Cabrera's home has turned into a museum for these curious artifacts, which are engraved with scenes of an ancient people, and are believed to be an encyclopedia of knowledge.

The stones were unearthed when the Ica River overflowed its banks years ago exposing an unknown cave.

News of the cave caught the interest of researchers, and the eyes of the world turned toward Ica.

After the BBC heard of the discovery they produced a documentary that brought more attention to the existence of the mysterious stones.

While working on the Ica Stones, Dr. Cabrera's research has identified what appears to be carved images of heart transplants, genetic manipulations, caesarian section operations, a woman with three acupuncture needles protruding from her mouth apparently used for anesthesia, humans and dinosaurs, and much, much more.

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In 1898, in a tomb at Saqqara, Egypt, airplane like objects were discovered and dated to approximately 200 BCE.

Since airplanes were unknown in the days when it was found, it was thrown into a box marked "wooden bird model" and then stored in the basement of the Cairo museum.

How is it possible that plane-like models such as these, complete with tail rudders, were created more than 2,000 years ago?

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During the 1930's, an extraordinary discovery was made in a mine tunnel in a small village one hundred miles southwest of Chihuahua, Mexico. At the back of the tunnel, two skeletal remains were found: a complete human skeleton and a smaller, malformed skeleton, which consisted, in part, of a strange looking skull that was human-like in form.

Tests showed that the mysterious skull was 900 years old. The skull's symmetry was breathtaking, when compared to the average human. In fact all of its bones, most of which had human counterparts, were beautifully shaped. But shaped like what?

In late February of 1999, Lloyd Pye, an American author and researcher, was first shown the Starchild Skull by its owners. He initially felt it would prove to be a rare genetic deformity of some



kind. However, subsequent studies showed that all known genetic deformities could be ruled out leaving the public and the scientific community with a bone profile never before seen on Earth.

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More information describing the above discoveries, and others, can be found on the Internet. Simply do a search for "out-of-place artifacts" or "unexplained artifacts" and you will find them. Needless to say, there is misinformation surrounding these findings. I caution the reader to be discerning when sorting through the facts. In the end, draw your own conclusions and find the truth for yourself.

Regarding extraterrestrials, UFOs, past civilizations, humanity's origins, and the like, I believe they are all interrelated. One cannot ignore the fact that more than ten astronauts have pointed to the presence of UFOs, the former Defense Minister and Deputy Prime Minister of Canada, Paul Hellyer, has spoken many times in public about their presence, Congressman Dennis Kucinich, former President Jimmy Carter, various physicians such as Dr. Joseph Greer, Lynne D. Kitei, airline pilots, police officers, military personnel, and many other credible witnesses too numerous to mention have seen or spoken about the presence of UFOs. (I've even had my own experiences complete with photos). This collective evidence is more than enough to make one think and wonder about intelligent life beyond our own so long as one does so with genuine curiosity, an open mind, and a desire to know the truth.

Why is all of this so important? For one, I am convinced that our planet is on the brink of climatic change that has the potential to shift our individual and collective consciousnesses in ways we can yet imagine. Benevolent extraterrestrials may very well be apart of this shift. In fact they may have played a key role in it over the past thirty years or so by exposing us to otherworldly information, crop circles, and their actual presence in the form of various unidentified objects.

I find it truly amazing that as we approach the year 2012, and the large and small cosmic cycles that are now climaxing, this extraordinary possibility is unfolding before our very eyes. And we don't have very long to be a firsthand witness to the outcome.

Cosmic Cycles

“1998 will bring many of the great awakenings that lead into the Aquarian Age. This is being caused by the Great Cycle of the Sun. This great solar cycle is in turn caused by the revolution of the Sun through the various spheres of activity in the galaxy. This cycle is a gradual activity; it does not occur all at once.”

Edgar Cayce

~ Reading 1602-003 09/22/39

Edgar Cayce's prediction is right on schedule. Since 1998 many new and profound realizations and awakenings have taken place. More will come and they will intensify to a point of singularity before resolving. All are intimately linked to the enormous changes we are currently experiencing and feeling in our daily lives. Those who are able to "see" can better understand what is happening than those who cannot.

The changes I refer to are universal, they are quickening, and no one will be spared. It seems that each new day brings environmental, economic, political, religious, and social challenges with it. The steady stream of information that reaches us via the Internet and other means of telecommunications and knowledge-sharing add to the overall fluidity and confusion of ordinary life.

The angst and unsettledness that goes hand-in-hand with the breakdown of old thought-structures and belief systems that have prevailed for two-thousand years are being replaced by something new that is struggling to be born, heard, and lived. The Great Cycle of the sun described by Cayce is coming into Aquarius and it is affecting all of humanity. However, this will not be an ordinary shift from one age to another. Something much bigger is happening.

Over the years we have come to think of the universe as being alive because of its constant change and motion. In spite of this, ancient astrologers were familiar with cosmic cycles that not only governed the seeming chaos of our heavens, but also gave it explicit order and meaning. They also knew that this ordering principle was divine in origin and its influence would be felt by all.

In order to appreciate the dawning Age of Aquarius and how it fits into the cosmic scheme of things, it helps to understand some of the movements of planet Earth and the heavens that the astronomers of old were quite familiar with. One also has to wonder how they obtained some of this information.

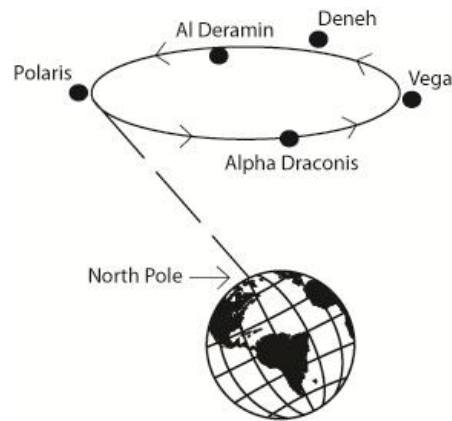
Earth has many motions. It spins on its axis once every 24 hours. It orbits the sun every 365 days. It can also tilt back and forth several degrees over a 42,000 year period. While this is going on, our whole solar system, including the sun, is slowly revolving around a massively dense object located at the center of the Milky Way galaxy once every 250 million some odd years.

The ancient astronomers, who knew of the stars and other heavenly bodies, spent most of their time focused on a lesser known, yet very real and subtle movement that our planet displays. Try to visualize a spinning top. As the top spins quickly, it has a steady motion and stands straight. However, when it begins to slow down, it goes from a smooth motion to one that wobbles at both ends.

Earth is like a spinning top. But its rate of spin is just slow enough to cause a slight wobble, which is most apparent at each of its poles. It was this planetary wobble that deeply intrigued the ancient astronomers of various cultures and civilizations. They knew it had a direct effect upon the timing of the astrological ages and all the changes that came with them. They were also aware of the fact that one complete turn of the Earth's wobble took approximately 26,000 years, and they referred to this momentous cycle of time as the Great Age or Great Year.

Imagine yourself standing on top of the North Pole. If you were to look straight up into the night sky, you would find that the Pole is currently pointing to the north star of the Big Dipper, Polaris. If you have the patience, imagine lying down on the North Pole for the next 26,000 years while looking straight up. What would you see every night?

Like a very slow motion movie, you would see that Polaris slowly moves away from its current location and is no longer directly above you and the North Pole. Over thousands of years, several other stars will take its place. It would take approximately 26,000 years for Polaris to be directly overhead before another one of these great cycles repeats itself. This slow, circular, wobbling movement of the North Pole and planet Earth is called precession, and it directly affects how many years we spend in each of the twelve houses of the zodiac. The diagram below helps to visualize the motion of precession...



Before you run for some Dramamine, there is another way to visualize all of this dizzying celestial motion. Pretend you are sitting on the nose of the Sphinx and looking in the same direction as this magnificent man-lion, which is due east. Pretend further that it is the first day of spring (the vernal equinox), the sky is dark, and that the sun will rise in the east in an hour or so. Now freeze that scene in your mind. Then, instantaneously rewind the cosmic clock and go backwards in time to a point about 13,000 years ago. What you would see in the starry skies, just above the eastern horizon, is the constellation, Leo, one of the twelve signs of the zodiac.

Continuing from that point forward in time, the next astrological sign to gradually rise above that same horizon and appear after Leo would be Cancer. This would take 2,160 years to unfold. Then, one by one, every 2,160 years, Gemini, Taurus, and Aries would rise and slowly pass overhead. Approximately 2,160 years ago Pisces appeared after Aries. Now it's Aquarius' turn.

If it was the first day of spring 2009, and you were sitting on the nose of the Sphinx gazing at the eastern horizon just before dawn, you would see the extreme end of Pisces the Fishes rising overhead. If we fast-forward this same scene for several hundreds of years, all you would see is Aquarius. Another way to say this is that the Age of Pisces is ending and that Aquarius is now the rising sign for all of humanity.

Today, we are right in the thick of an astrological, no-man's land. It lies between the fading Piscean age and the new Aquarian age being born. We are also at the extreme end of the 26,000 year-old Great Year, the completion of the Hindu Kali Yuga (Iron Age), the close of the Mesoamerican fifth world, and the initial alignment of our sun with the Equator of the Milky Way, all of which promise unprecedented changes as we approach 2012. Many have spoken about these final days such as the Dogon, various Native Americans, the Maya, Hopi, Egyptians, Aborigines, Kabbalists, and the Q'ero Elders of Peru. And if that isn't enough there are more than 6.5 billion

humans on our planet today giving witness to it. Clearly, something BIG is happening.

The ancient masters of wisdom knew that the flow of time and human experience did not occur in a straight line. Rather, it was a cyclical phenomenon that slowly spirals upward. As such, things had a way of repeating themselves. However, each time they did, they had become something different, and a new journey of becoming would now unfold during the next cycle. At times the changes that occurred during a given cycle would be dramatic; other times they would be subtle. However, each cycle never produced identical changes or the same results. This rhythm of change-and-becoming could be seen in the ebb and flow of the four seasons, the phases of the moon, the great oceanic tides, the repeating astrological signs, the cycle of life, death and re-birth, and many others.

According to Hindu mythology, there are four ages that govern human experience on this planet. The length given for each age is quite large by their measure. However, when one factors in the speed-up of time and other variables, others have suggested that they cover the general time span of approximately 26,000 years. As we will see shortly, the Mayans and others also refer to the Great Year as being approximately 26,000 years in length.

What intrigues me most about the Hindu description of the four different ages is that each era has a different *quality* to it. That is, the character and type of people who are allowed to come here during a given age defines the nature, energy, and vibration of life that exists. When one appreciates the fact that the collective mass of humanity exemplifies the life style and quality of any given time period, it makes sense to me.

The Hindus refer to the four major periods of time as the Golden, Silver, Bronze, and Iron Ages. Apparently, as we pass through these epochs of human development, the vibration and quality of individuals granted the right to birth here is highest during the Golden Age. That's a time when the incoming inhabitants are highly aligned with their divine natures, are spirituality oriented, honor and respect the material world, and know how to live in balance with it. Not surprisingly, the Golden Age is a time of higher choices, brotherhood, unity, happiness, abundance, sharing, harmony, and peace.

As we gradually move through the three succeeding ages, the mix of individuals begins to shift from those with higher vibrations to those who prefer to make lesser choices. As such, the collective consciousness begins to shift from divine awareness to one that is less attuned to its Godly origins. As this happens, the ego exerts more and more influence in everyday decisions and affairs and things become more unsettled. This leads to strife and wars, separation sets in, self-gratification takes

hold, greed and excessive materialism run rampant, integrity and righteousness suffers, temptations that appeal to the lower natures abound, and the overall quality of life begins to deteriorate.

Over the past 6,000 some odd years, we have been in the Iron Age, or the Kali Yuga as the Hindus call it. During that time period, the bulk of humanity has become more and more dense and has gradually sunk to its lowest level. As such, we have reached a point where the original ways and influences of the Golden Age are a much smaller part of the overall mass consciousness. In order to confirm this, simply take a look out your window and observe the world.

As you read these words, we have approached the extreme end of the Iron Age. And we are suffocating on all the lesser choices and negative mass consciousness that goes with it. Interestingly, it is culminating as we approach the general time period of 2012. All 6.5 billion plus of us who are here today now have the opportunity to experience and feel what has been created and decide what we want to do about it.

The slate of Pisces and its influence is being swept clean by the many changes that are now helping to cleanse our planet. The ancient ones knew that the twilight zone between each of the ages was always fraught with upheaval and turmoil. They were also aware that every new age brought messengers from God to point the way for us. Cycles ago they were the Masters known as Hermes, Rama, Zoroaster, Confucius, Krishna, and others. During the early phases of the last astrological age of Pisces, it was Buddha, Jesus, and Mohammed who ushered in its birth. But times are much different today compared to two thousand years ago. Back then it was not the end of the 26,000 year cycle, the completion of the Iron Age, nor were there 6.5 billion plus of us here. This tells me that something BIG is up. And it may very well require the efforts of a BIGGER messenger.

Why did all the ancient astronomers have a constant need to know where they were in relation to the Great Year? They considered it an absolute must because this information was related to even larger cosmic cycles, and the events that went hand-in-hand with them. Did their very existence depend upon it? Recent findings suggest that is exactly the reason why.

It appears that previous civilizations left messages behind for us in their mythologies, carvings, and writings. They describe great Earth changes and physical cleansings that occurred some 13,000 years ago when the last Ice Age ended and the Great Flood occurred. Importantly, that time period marked the approximate halfway point of the current Great Year.

The Maya divided the Great Year into five smaller cycles of 5,125 years each. Each sub-cycle ended with a different physical cleansing for Earth and its inhabitants. Why did this occur? It seems that previous civilizations of mankind continued to over-identify with the material ways of life and paid little attention to their spiritual development. The material influences led to excessive pleasure, self-gratification and greed, rampant destruction of the environment, cultural, religious, and geographic separation between peoples, wars, and injustice, not unlike what we have today.

The Mayan astronomers, who had an enormous comprehension of the heavens, used a very accurate calendar that guided and ruled their lives. Their calendar comes to an end on the winter solstice of December 21, 2012. Why? This is not only the end of a 5,125-year sub-cycle, but also the end of the Great Year.

The Maya and the Hopi say planet Earth will be cleansed once again at that time. Perhaps they knew that before a new cosmic cycle can begin, the karma of the current cycle must be cleared so that something new can unfold. They are not alone in this thinking.

What does all of this mean for us? How might it tie into ancient prophecies and recent otherworldly messages we have recently been given? Will it mean the beginning of a new and wonderful period of time known as the Golden Age, or will planet Earth go through a massive physical cleansing so that it can rid itself of all the karmic filth put into it, especially during the Iron Age, and reconstitute its beauty and ecological balance?

With the birth of any New Age, especially one that occurs at the end of the Great Year, and with more than 6.5 billion souls to witness it, the climax to all of this will be well out of the ordinary. In order to better understand what's happening, and where all of this is going, we need to look at the time period of 2012.

~ 16 ~

The Year...2012

"Five Centuries before the dawn of the present era, in the jungles of the Yucatan, we brought to the Awakened Ones of that age a timetable, which they carefully recorded in stone. The Mayan Calendar is recovered now from moss, fern, lizard and leaf. In it are chiseled the dates of the Great Purification, dates that correspond to your years, 1987 to 2011. The winter solstice of the last year of this intensified twenty-five year cycle will see the purification complete, the era of human history brought forever to a close."

Return of the Bird tribes
~ Ken Carey

There have been many prophecies for us to think about over the ages. Some have materialized while others have not.

All prophecy is fluid and changeable. The future is not set in stone. The reason is simple. We create our own reality through our collective thinking, otherwise known as the mass consciousness. What a prophet "sees" is one of the probable outcomes of our future. If we don't like what the prophet has to say, we have the power to change it using our free will.

Cosmic cycles are nothing new to our ancestors. The divinely wrought changes they bring will happen whether we like them or not. Not surprisingly, they are part of the lore and history of many ancient civilizations. The Mayans studied them with a passion, they served as the foundation for their sky religion, and out of it came their 25,920-year cycle of precession. Plato was also aware of the most important cycle for our planet, which he and others called the Great Year.

The sacred scriptures of the Indian Vedas tell us that there were cycles of creation spanning millions of years in the past. They also describe civilizations that flourished on this planet, and those that have decayed and perished. Ours is just one of many.

Today, we are rapidly approaching a momentous turning point in cosmic time. The year 2012 is at its epicenter. This has been prophesized by the Hopis, the Mayans, the Aztecs, the Tibetans, and others, some of which is briefly summarized below.

In this chapter, you will also find excerpts from various sources of otherworldly transmissions to which I have given serious thought. All are saying the same basic thing. Something BIG is at hand. And I find this hard to ignore because it *feels* that way today.

What follows then is information that has influenced my thinking about the general time period of 2102...

The Maya

The Mayan civilization appeared approximately 3,500 years ago in the jungles of Mexico. It seems to have surfaced overnight because, like the Sumerians of old, their culture was already elaborately developed from the start. Although many Maya are still alive today, the remnants of their relatively advanced civilization disappeared into the mist 900 years ago.

Mayan artifacts tell us in no uncertain terms that they were master astronomers with an intimate knowledge of the heavens. And they were obsessed with recording cycles of cosmic time.

The Classic Maya described five different ages that existed in the distant past, each lasting 5,125 years. They also tell us that each of those ages ended with a cataclysmic cleansing of the negative karma that was created by humanity. Then, as each new era began, the evolution of mankind would start again from the seeds of the survivors left behind.

According to the Maya, the fifth and final age began 5,125 years ago. One has to wonder why their calendar, constructed more than two thousand years ago, mysteriously ended with the fifth age at "zero point" on the winter solstice of 2012. Is there no next age?

The Hopis

The Hopi, whose name means "people of peace," have sacred traditions that go back thousands of years. Their time-honored teachings point to certain prophecies that would manifest just before a great purification takes place on Earth. It would be a time when the world would shudder and tremble causing much destruction in order

to cleanse the planet of the karmic negativity we have created while serving as its caretakers.

Not too long ago, the Hopis have said that those prophecies have now completed. It appears that the time for purification is upon us as we approach 2012.

The Hopis claim the following signs will herald the coming purification. And they are telling us in no uncertain terms that it is imminent...

Trees everywhere will be dying (it's going on right now).

People will build a house and throw it into the sky (Skylab, Mir, the current space station).

Cold places will become hot and hot places cold (weather patterns have become erratic and are changing rapidly).

Land will sink beneath the sea and rise above it (such changes have already begun).

The appearance of a blue star (in 1987 an immense, blue, super-giant star exploded and made world history as a spectacular supernova).

There will be paths in the sky (airplane contrails and chemtrails).

There will be cobwebs in the air (power lines all over the United States and elsewhere).

A "gourd of ashes" will be dropped from the sky to burn the land and boil the oceans (atomic bomb).

These signs are obvious, and all have come to pass. The Hopis are also briefly mentioned in Shirley MacLaine's book, *The Camino*. She says that...

"I had friends in the States who were involved with the Hopi Indian tribe. The Hopis said that the last decade of the twentieth century and after the turn of the millennium, it would be necessary for man to 'tie himself to a tree.' In other words, 'big wind.'

The Hopis also said the weather would become unpredictable and would 'cleanse away many things with wind and rain.' They said we must each be self-sustained and go back to growing our food from

Mother Earth. Above all, they said, man needed to go within himself in order to gain spiritual understanding of what would be happening. Their prophecies matched the Mayan prophecies."

The Tibetans

In another part of the world far from the Maya and other Western cultures, an Indian yogi named Somanatha brought the Wheel of Time (Kalachakra) to Tibet. Soon thereafter, the first incarnate lama, Karmapa, added refinements to the Wheel's dates. The Wheel of Time contains a profound prophecy. It tells us that 960 years after its introduction in Tibet in 1027 A.D., the end of time would come 25 years thereafter. Adding 960 to 1027 brings us to the year 1987. Add the remaining 25 years to this date and one arrives at 2012, the end of the Mayan calendar!

The Peruvian Shamans

The Hopi's counterparts, the Peruvian shamans, have recently come forward to tell us that sometime between the years 2002 to 2012 the world will be shaken and transformed in ways that will be difficult to comprehend. It will be a time in which our reality will be turned inside out, upside down, and completely restructured.

These same shamans also say that something very profound will occur this time around, with a possible break occurring between spiritually awakened individuals and those who are not.

Graham Hancock

In his best selling book, *Fingerprints of the Gods*, Graham Hancock conducted an exhaustive investigation into mankind's remote past. That effort took him all over the world from the Great Sphinx, to the Hopis, the Andean ruins, and the monuments of many ancient civilizations, including the Maya. Hancock believes that within the records and monuments of these ancient civilizations there is an important message for us.

Graham concludes that in our distant past there were others who were very advanced technologically, but not spiritually, such as the Atlanteans. This imbalance led to their demise.

The "fingerprints" of information that our ancestors left for us to discover and contemplate warn of sweeping Earth changes that periodically afflict our planetary home. And the end of another cycle appears to be upon us.

The Transmissions

As mentioned above, there are different sources of otherworldly information I've seriously considered, which foretell that we are about to experience a profound and radical change and shift on this planet.

It appears we have been at this point before without successfully balancing the material and spiritual aspects of our lives. As a result, Earth has periodically gone through various physical cleansings to remove the negative karma we've created. The remnants left behind became the seeds for the next age and a continuation of the ongoing reincarnational cycle.

However, there appears to be an additional twist to what is coming. Not only is a cleansing expected by many, but a fork might well occur on the road of human destiny during the general time period of 2012. One path of the fork represents the continuation of the third dimension. The other path will be a newly opened conduit to a higher dimension, which will lead to the Golden Years the ancients spoke of long ago. According to the revelations, the choices we make, and the quality of life we lead, will determine which path opens for us.

Below are various sources of otherworldly transmissions that describe the possible coming changes. Some specifically reference the years 2011 and 2012. There is a lot here to consider so take it in at your own pace.

Revelation

~Through David Spangler (1970s)

"Great changes have occurred in kingdoms beyond yours and they are also moving into a new heaven and new earth."

"My power has been liberated and all now move swiftly toward their appointed destinies as their consciousnesses have chosen. Your world shall become—and swiftly it shall become—two worlds. You will call one light and one dark, but I am in both of them"

"Increasingly, the worlds will move apart in consciousness until they are absolutely separate and perceive each other no more. For it is written that two will be at work in the vineyards; one shall be taken and the other remain. I shall snatch you up to me."

"The old will disappear. Human level consciousness by itself can no longer resolve the complexities it has created."

"The old must pass away. It has served its purpose in the cycles of evolution and must now make way for a new, more expanded and more fruitful manifestation."

"Always be prepared for change. I have stated that all may change in the twinkling of an eye and you may find yourselves in another world of consciousness, opportunity, and behavior entirely."

Flight Into Freedom
God Spoke to Me

~Through Eileen Caddy (1970s-1980s)

"Wake up to the turbulent state of the world. Humankind is drawing further away from the source of all good into the darkness. You can feel the unrest, the disquiet, everywhere. Humans have brought this upon themselves by their free will. They have made the choice of power, greed, hatred, jealousy and envy and must take the consequences. There is no hope of averting the landslide, but exactly how it is to be brought about can be sped up or slowed down by the behaviour of the human race."

"This is the turning point for every soul. The die has been cast, and each soul has to make a choice: a turning towards the light or the dark. The day many have been waiting for is over. The cosmic power released at that appointed moment, felt by you and many others, has begun to reverberate around the universe. Nothing will stop it."

"Great changes are about to take place in the whole universe. It will not be a comfortable time. It is important that each one has no fear, no concern, knowing that this great upheaval is necessary before the next step can be taken."

The Ra Material – Book 1

~Through D. Elkins, C. Rueckert & J. A. McCarty (1970-1980s)

"There is going to be a Harvest, as you might call it, a harvest of souls that will shortly occur on your planet. We are attempting to extract the greatest possible harvest from this planet. This is our mission, for we are the Harvesters."

"In order to be most efficient, we are attempting to create first a state of seeking among the people of this planet who desire to seek...We

offer them no concrete proof, as they have a way of expressing it. We offer them Truth. This is an important function of our mission—to offer Truth without proof. In this way, the motivation will, in each and every case, come from within the individual."

"I am Ra. One major cycle is approximately 25,000 of your years. There are three cycles of this nature during which those who have progressed may be harvested at the end of the three major cycles. That is, approximately between 75 and 76,000 of your years. All are harvested regardless of their progress, for during that time the planet itself has moved through the useful part of that dimension, and begins to cease being useful for the lower levels of vibration within that density."

"I am Ra. This inconvenience (Earth changes), or disharmonious vibratory complex, has begun several of your years in your past. It shall continue unabated for a period of approximately thirty of your years." (This transmission occurred in 1981. Thirty years later would be 2011).

Vision
The Starseed Transmissions
Return of the Bird Tribes
~Through Ken Carey (1970s-1980s)

"Our mission is to bring a pre-Fall state of awareness to all human beings who are able to respond, however different they may be, whatever background they may have come from..."

"You are being given an opportunity to enter a new reality. It is already here for those with eyes to see. Soon it will be the only reality to be seen. Those who tune into the new frequencies (of love) will find life growing more wondrous every day. Those who tune into fear will find things falling apart. The worlds of consciousness will begin to form ever more distinctly; the world of Love and Life, and the world of fear and death."

"...you will think of all the years of your history up until The Coming shortly after Second Millennium A.D., as being years of darkness, years in spent the womb. You will remember nothing about them."

"Those few who may choose to remain behind will not be uncared for. They will experience an age of further history, much like the history that humans have experienced in the past."

An Introduction to the Keys of Enoch

~Through J. J. Hurtak (1973)

"While I was in the act of prayer calling upon the name of the Father, asking to know the meaning of life and for what reason I was called into the world, my room suddenly became full of a different type of light. And in the presence of this 'Light' a great Being stood before me who announced that he was Master Ophanim Enoch."

"The being asked if I were ready to go with him to the Father's midst, and I said I was."

So begins J. J. Hurtak's surreal experience, during which he was given the 64 Keys of Enoch that explain how the Seven Seals of the Book of Revelation will be decoded.

The 64 Keys will help to "bring a new cosmology of consciousness in explaining how the Brotherhoods of Light will work with members of the human race who can accept the promise of a new life."

Below are some excerpts from his book...

"There is presently occurring a space-time overlap with the 'Higher Evolution' as the Earth's solar system enters an electromagnetic null zone, a vacuum area in space which will change the magnetic forces of creation."

"The change of the electromagnetic density in the Earth's atmosphere will activate some species to become more violent and other species to more Christ-like as man is pulled either into an upward spiral of Light or negated by the breakdown of the old electromagnetic frequency."

This will bring about a complete reorganization of the Earth's life system..."

"Before the new story of creation happens, the Earth will go through gross geo-magnetic and catastrophic changes as the magnetic regions

of the North and South Pole release 'their torque,' spinning the shell (crustal surface) of the Earth into the new program of existence."

"For behold, the field is white and ready for harvest...the Creator of this local 'galactic universe' will gather the remaining righteous on this Earth who will be 'graduated' to go on to Light-Life worlds."

"There is a forming of the new worlds at this time for there is to be soon existent new planets...The Nine shall place upon the new realms those 'physical souls' who have perfected themselves upon the Earth plane. Those souls who have evolved to the highest point of advancement on Earth shall be of the New Creation."

"The younger souls of the faithful who survive the old program will become the physical seed of the Christ people upon the planet. The faithful who are already initiated into the many gifts will be taken to other planets. This will come to pass only after the unrighteous are removed from the face of the earth. At that time the earth will be in a new electromagnetic orbit and there will be new heavens and new earth."

E. T. 101

~Through Zoev Jho (late 1980s)

"The old world's systems are in collapse. Those who wish to continue in those systems will be graciously asked to leave, because their motivator, fear, is being relocated to another planet where its subdivisions are still welcome."

"In fulfillment of Native American prophecies, intergalactic and interdimensional forces have gathered on this planet at this time to liberate her in the name of Spirit."

"The Earth has elected to evolve beyond limitation; however, anyone who opts to explore that process further is free to do so - just not on this planet. Such people will be allowed to continue their experiments with limitation on some other piece of planetary property that is at a less advanced stage in its evolution."

"This is the most critical moment of change in this planet's history, and your assistance in that change is vital."

Kryon - The End Times
Kryon - Alchemy of the Human Spirit
Partnering with God

~Through Lee Carroll (1990s)

"The oldest tribes on the planet are very aware of what is happening, for their calendars predicted it. The change, however, will be different than expected. It will be the age of graduation instead of an ending of life. It is the graduation of the Earth and the entering of it into new areas of the galaxy (formerly hidden). It will be the graduation of the human being into a new consciousness, and new ways of life (formerly hidden)."

"The year 2012 will then be what you call a marker that will meld slowly into a new time...so look at your Mayan calendar to find out what it says about 2012. Look into the past to see what spiritual historians have said about 2012..."

"For the year 2012, if you believe your ancient history and also the ones that foretold about time itself, is when your time apparently ends! What could that mean? Some have said it means the end of the planet—termination. However, it really means change, dear ones."

What's going to happen in 2012? Another measurement. And if, dear ones, that measurement is found to be a certain vibration, you are all going to see an entirely different planet - and that is what is going to trigger the mass landing."

The P'taah Tapes...
Transformation of the Species
An Act of Faith

~Through Jani King (early 1990s)

"...your planet has gone through cyclic changes as has humanity... And now, dear ones, the whole Earth is quickening. The heart of humanity is quickening in anticipation of the culmination of this epoch...this year 1992 is important because it truly does mark the beginning of what has been historically called in your ancient writings 'the last days.'"

"Now it is very important for all to understand that this timing, the world as you know it, will fall into greater and greater chaos...The

failure of your institutions and the Earth changes have already begun, but will accelerate in 1992."

"It (the changes) will affect the galaxies, dear one. These changes are not merely confined to this planet. It is a different alignment of star systems; it is not only this planet. It is coming into a different alignment of universes...it is beneficial to many worlds that your transition be one of great beauty, that it is one of joy, that it be one of love, that there be absence of fear."

"So in this time to come, which is very soon in your historical times, the Earth will shift and change; the consciousness of humanity will expand and expand and it will rise to what is called a higher density..."

"There are many of you who are terrified that you will die before the 'big bang' and cannot experience the reality of the fourth dimension. Well, you will not miss out. I promise you."

"The transition, the coming into ONENESS of all things, may be as quickly as the blink of the eye...For those who do not desire it, they will not experience it. Always, always it is your choice."

St. Germain – Earth's Birth Changes
~Through Azena (early 1990s)

"It is nigh unto the ripeness of time - indeed - a culmination of eons of time unto the harvest. The time is now...The rapture will allow you to perceive fourth density...therefore third density will no longer be able to perceive you, for you will be simultaneously existing, coexisting in the same space/time, but merely not perceived, because it is of a different frequency."

"The year 2012 of your time is the apex of it. It is a convergence point into unlimitedness..."

"Alright. Cycles—there are cycles within cycles within cycles. There are many, many, many different cycles that are culminating in this now.

The reason for the focus on planet Earth, and for all the galactic confederations coming forth unto this area of your solar system, is

because the universe is in the shifting of densities...it is also occurring to the astral body of Earth, the etheric body Earth, and the soul body of Earth."

"These particular dates (2012) are all shifting, because consciousness is shifting all the time. It is a flux. It appears that it is somewhere between 2010 and 2013 of your now."

"...and when fourth density or super-consciousness comes upon the plane, it will not be perceiving third density and third density will not be perceiving fourth density, for they will be different dimensions then. Now they are co-existent dimensions, and when super-consciousness prevails, the shift will occur and that is called a rapture."

Conversations with God - Book 3

~Through Neale Donald Walsch (late 1990s)

"Walsch: You mean I can avoid the Earth shifting on its axis, or being smashed by a meteor, or being crumpled by earthquakes, or be caught in the confusing and hysterical aftermath of Y2K?

God: You can definitely avoid being affected negatively by any of that.

God continued...I am saying that once before on your planet you had reached the heights—beyond the heights, really,—to which you now are slowly climbing. You had a civilization on Earth more advanced than the one now existing. And it destroyed itself.

Not only did it destroy itself, it nearly destroyed everything else as well. It did this because it did not know how to deal with the very technologies it had developed. Its technological evolution was so far ahead of its spiritual evolution that it wound up making technology its God.

Walsch: This all happened here, on this Earth?

God: Yes

Walsch: Are you talking about the Lost City of Atlantis?

God: Some of you have called it that.

Walsch: And Lemuria? The land of Mu?

God: That is also part of your mythology.

Walsch: So then it *is* true? We did get to that place before?

God: Oh beyond it, my Friend. Way beyond it.

Walsch: And we *did* destroy ourselves?

God: Why are you surprised? You're doing the same thing now."

Messages from Heaven

~Through Patricia Kirmond (late 1990s)

These messages come from a man who passed away when he was 80 years of age. He sent the transmissions to his twin flame, the author of this book.

"The nation (USA) is experiencing a time similar to when the Roman Empire crumbled and when the continent of Atlantis sank. People's senses grow dull. They do not feel the deterioration of the basic moral fiber of the nation, or they feel it and do not know what to do about it."

"I do not feel that you will avoid all cataclysms, but you still have time to change the worst portents."

"...for people who do not understand the law of cycles. New cycles cannot begin until the karma of the previous cycle is cleared."

"What people find hard to understand is that in this period of time major karma has come due."

"I can tell you that the energies are intensifying. When energies intensify, people are often tested in unprecedented ways."

"At times like this, people are facing increased returning karma so they can balance the maximum amount before the turning of cycles. This can be a test that pushes you toward the limits of what you feel

you can handle. Remember to stay anchored in God when all seems to be in chaos."

"Before a Golden Age can occur, every jot and tittle of karma comes up for balancing...The cosmic justice system is one of the most incredible things I have come to understand. We are given free will to create and select as we wish, but we are also given accountability."

The Calling

~Amitabh through Rasha (late 1990s)

The wisdom in *The Calling* is from a collective consciousness called "Amitabh." The Amitabh energy is The Father Consciousness, whose information is Divine Guidance from an aspect of God.

"What has come to be termed Christ Consciousness is the condition that all souls who survive into the Great Spiritual Age will attain. For in the coming times, none will remain who are defined by the limitation of physical expression."

"Those whose destiny it is to remain physically incarnate on this planet will need to have a deep-seated understanding that this turn of events is not an ending, but rather a beginning. A fresh start of historic significance."

"One should expect to see many instances of political upheaval, wars, uprisings and other instances of mass chaos in the coming times as unenlightened souls find themselves, unknowingly, at the effect of the shifting vibrational energy forces."

"Those who permit themselves to be swept into a state of panic and despair over the upheavals of these times are less likely to be able to withstand, psychologically and emotionally, the times to come."

The Mysteries of the Great Cross at Hedaye

~Jay Weidner and Vincent Bridges

"These same shamans told Dr. Villoldo that the world was truly coming to an end...that the planet would be transformed over the next few years in ways beyond our current ability to comprehend. These shamans referred to the time period 2002 to 2012 as 'Pachacuti,' the time when everything is turned upside down and reality is restructured."

The above quote comes from a book called *The Mysteries of the Great Cross of Hendaye*. One has to be a bit diligent and studious while reading certain parts of the book, but the rewards are worth the effort. And it brought the year 2012 into greater focus for me.

According to the authors, an extraordinary message was carved into a mysterious cross discovered in a churchyard in Hendaye, France, near the Spanish border. The message's significance spans several millennia beginning with the ancient Egyptian mystery schools. After that it flows into the secret knowledge of alchemy, Gnosticism, the Kabbalah, Sufism, and mystical Christianity. The authors conclude that whoever carved the celestial alignments and inscriptions on the stone cross several centuries ago had a profound knowledge of the universe.

The body of information encoded within the cross' message deals with the end times, the 25,920-year cycle, and may very well be linked to the age of Atlantis. Most importantly, the celestial alignments on the cross clearly show that it is a marker stone for a future cleansing that will occur sometime between the years 1992 and 2012.

The authors of the Hendaye cross book have fit together the pieces of an alchemical puzzle that does not depend upon prophesy. Rather, they point to specific celestial alignments and inscriptions embedded in the cross' messages that connect to significant Earth changes. In fact, the next cleansing, coinciding with the general time period of 2012, may have already begun.

And just exactly what is coming? According to the authors, a mysterious alchemist named Fulcanelli left humanity certain teachings during the early 1900s. He appears to be the end of an alchemical lineage that goes back some 6,000 years. That lineage includes, among many others, Hermes, Isis, Leonardo DaVinci, Sir Isaac Newton, Carl Jung, and JRR Tolkien, the author of the *Lord of the Rings* trilogy.

Based upon the cross' encoded message, Fulcanelli tells us that the northern hemisphere of planet Earth will be tried by fire as a result of a double catastrophe. Furthermore, the cause of this catastrophic event will originate from an off-earth source.

The authors of this book also cite recent scientific evidence, which suggests that the periodic cataclysms afflicting our planet can be traced to explosive bursts of incomprehensible energies that periodically discharge from the center of our galaxy. In some esoteric writings, the galactic core has been referred to as the Central Sun, which emits rays of divine influence that guide the evolution of our galaxy and all who inhabit it.

The enormous outbursts of light energy that come from the galactic core seem to be in sync with different stages of the 25,920-year cycle. For example, the last significant change that overtook planet Earth occurred approximately 13,000 years ago, halfway through the Great Cycle. At that time, the last Ice Age ended with catastrophic flooding, and as some suggest, massive earthquakes, volcanic eruptions, and perhaps a violent displacement of the Earth's crust resulting in a pole shift.

Interestingly, recent scientific evidence published by Dr. Paul LaViolette proposes that a massive burst of super wave energy was released from the galactic core approximately 13,000 years ago. Keep in mind that the pendulum of the Great Year has now swung all the way to its opposite side, as we enter the final days of the 25,920-year cycle.

A Master Speaks

~Through Benjamin Creme (late 1970s-2000s)

There is a possibility that Christ may be on planet Earth at this very moment. I do not say so blindly, or without thoroughly researching such claims.

Ten years ago I read a book called *A Master Speaks*. After taking in the first few pages I immediately knew it had a very profound message. As a matter of fact, it had a message that went way beyond the profound. Interestingly, the book makes no claim for an author on the front cover. It was simply an inspired series of teachings and insights given to a man named Benjamin Creme during the 1970's.

Who provided the material for the book? The source is a Master, whose inspired insights and teachings were then transcribed into words by Mr. Creme. Now, that in itself is not unusual for times we live in. There are many otherworldly-inspired books available today. But this is what really got my attention. The Master told Benjamin Creme, among other things, that the World Teacher, Christ, the Master of all the Masters, was returning in physical form, and that he (Creme) would have a role to play in the event if he chose to accept it.

Furthermore, Christ would be known as Maitreya, a name purposely chosen for its neutrality among nations so that no one single religion could selfishly claim Him as their own "messiah."

Also, Maitreya was not here to form a religion. Rather, He will play the same role that He came to planet Earth for 2,000 years ago as a Teacher of Righteousness, when part of His consciousness materialized through the body of Jesus. But this time it will be on a global scale.

Maitreya's mission is clear: we will be shown how to end injustice and separation in the world through sharing and unconditional love for all. In addition, other Masters and benevolent extraterrestrials will work with Him to provide us with the necessary guidance and means to save our environment. Our mission is to live it.

According to the Master and Benjamin Creme, Maitreya, the physical embodiment of the Christ Consciousness, has been in London, England as an ordinary man since 1973 living in an Asian community. He now works behind the scenes with others to prepare the way for His public emergence. This will occur when the financial markets are crashing and in disarray. And this time His mission will not be thwarted.

When a certain level of alarm and unrest is reached, Maitreya will first appear on television in the United States as a common ordinary man, whose words will galvanize the masses for the purpose of change. He will then go to Japan and other countries with the same message. Over time, the global impact of His words will set the stage for His Day of Declaration, at which time He will appear on worldwide television and proclaim that He is Maitreya. When that happens, His energy will unmistakably enter all of us, hundreds of thousands of spontaneous healings will occur, and there will be no doubt that He is the World Teacher for humanity.

The Master's transmissions also tell us that humanity is at a crossroads, the future of which is dependent upon our choices. Should we make the highest choices, a new spiritual man and spiritual woman will be born into the Age of Aquarius, reflecting more and more their divine heritage.

These are no small claims to say the least. If true, it would be the most profound event in the history of mankind.

What follows are some words from Maitreya that gives one a feel for His energy...

"How can you be content with the modes within which you now live: when millions starve and die in squalor; when the rich parade their wealth before the poor; when each man is his neighbor's enemy; when no man trusts his brother? For how long must you live thus, my friends? For how long can you support this degradation?

Take your brother's need as the measure for your action, and solve the problems of the world. There is no other course.

When you see and hear me, you will realize that you have known for long the Truths which I utter...These simple Truths, my friends, underlie all existence. Sharing and Justice, Brotherhood and Freedom

are not new concepts. From the dawn of time mankind has linked its aspiration to these beckoning stars. Now, my friends, shall we anchor them in the world.

I have not come to found a new religion. I have come to teach the art of self-realization, which is neither an ideology or religion but benefits all people of all religions and those who have none. I seek to express that which I am through you; for this I come.

Without disturbing anyone, I will choose my moment. Even when you see me, do not run after me. If you run after me, you will lose me. If you parade me, you do not know who I am. I cannot be monopolized—I belong to everyone.

I have not come to create followers. Each of you should continue to develop within your own religious tradition. Respect your own religions, your own ideologies—in brief, your own thoughtform, and you will experience the Master.

I do not want you to believe in me. I want you to experience me. If you take one step towards me, I will take two steps toward you. I will lend you my strength. I am always with you.

Many times have you heard Me say that My coming means change. Specifically, the greatest change will be in the hearts and minds of men, for My return among you is a sign that men are ready to receive new life."

Benjamin Creme has humbly and courageously gone about his work for many years spreading the message about Maitreya and His mission of love. In fact, it is the purest and most inspiring statement of hope that I've come across today. I cannot find any apparent selfish motivations behind the dedicated, hard work that Mr. Creme has tirelessly given for more than 30 years of his life.

In the United States alone, Benjamin Creme has been interviewed on more than 300 radio and television programs. At the age of 86, he still continues to spread his message of hope and inspiration throughout the world.

Just recently, with the financial markets and economic conditions around the world in disorder and confusion, Share International and Benjamin Creme made the following unprecedented announcement...

FOR IMMEDIATE RELEASE January 23, 2009

Bright star heralds the emergence of Maitreya, the World Teacher

For over 30 years author, lecturer and artist Benjamin Creme has been preparing the way for the emergence of Maitreya the World Teacher.

On December 12, 2008, Share International, a non-profit organization, distributed a news release announcing that in the very near future a large, bright star will appear in the sky visible throughout the world, night and day. Around a week later Maitreya will give his first interview on a major US television program.

Since early January 2009, sightings of the star have been reported from Norway, South Africa, the United States, Dubai and Qatar. More and more sightings are now expected. Reports have already appeared in Norwegian newspapers.

A new article by Benjamin Creme's Master, who is based in the Himalayas, reveals how close we are to witnessing this sign and the historic events which will follow. Maitreya's first interview will lead to further and more frequent interviews in the USA, Japan and other countries.

Maitreya's First Interview

In the very near future, people everywhere will have the opportunity to witness an extraordinary and significant sign, the like of which has been manifested only once before, at the birth of Jesus. Then, according to Christian teaching, a star appeared in the heavens and led three wise men from the East to the birthplace of Jesus. Soon, once again, a star-like luminary of brilliant power will be seen around the world. What does this mean? How is it possible?

The answer lies in the fact that this mysterious event is a sign, and heralds the beginning of Maitreya's open mission. Soon after the sign appears in our skies, Maitreya will give his first media interview on American television.

I cannot prove or disprove Benjamin Creme's claims. However, given the credible history behind this story, the current disarray of the world's financial markets, and the sorrowful conditions on this planet, environmental and otherwise, I keep an ever-watchful eye on the possibility of a Maitreya. One thing is for sure. It *feels* as if the perfect foundation is being laid for His presence among us. Unarguably, we are in

desperate need of an otherworldly influence to help us solve our problems in the short amount of time left before the environmental damage and over-populated conditions we continue to create reaches a point of no return.

As predicted, there is indeed a great deal of turmoil and upheaval occurring today. One cannot deny that this adds to the believability and validity of the many prophesies that have been made for these times. And that is why I take them seriously.

Each new day seems to bring a steady stream of news that rocks and shakes our reality to some degree. Our once secure and stable civilization is being turned inside out and upside down for all to experience, and feel. All that has been secretly buried in the name of corruption, deception, control, power, and greed is being brought to the surface. Nothing will be spared as this takes place. In a very real sense, this is an important part of the cleansing that has been mentioned in many of the writings and transmissions found in this chapter. However, the cleansing will be incomplete if we, the masses, do not demand and bring about change from the bottom up as quickly as we can.

*When goodness grows weak,
When evil increases,
I make myself a body.
In every age I come back
To deliver the holy,
To destroy the sin of the sinner,
To establish righteousness.*

~ Bhagavad Gita

~ 17 ~

Final Words

*"When all the trees have been cut down,
When all the animals have been hunted,
When all the air is unsafe to breathe,
Only then will you discover that you
cannot eat money"*

~ A Cree prophecy

Where is life on planet Earth *really* going? I don't think a day goes by when I find myself standing back from all the hustle, bustle, and seeming craziness of the world to wrestle with this question. It is very important to me because we have indeed reached an historic moment of truth for mankind. BIG truth. Many are unaware of this very real possibility as they scurry around trying to survive, pay the bills, and find happiness. And I feel so much compassion and concern for them.

Today, there are some things I am quite sure of. Then again, a number of very compelling questions remain, whose answers lie just around the corner...

There are more close to 7 billion souls on Earth at this time. Where did all of them come from? Apparently, many have participated in the various dramas of previous civilizations that have been here over the ages. It is now their karmic responsibility to make amends and use this opportunity to heal and balance through higher choices. I also believe that volunteers from other star systems are in our midst to help us in our time of need and assist with the shift in consciousness that is taking place.

We are now at the end of the 25,920 cycle that the Mayans and other ancient civilizations found so compelling. They always wanted to know where they were in that cycle because their very lives depended upon it. Today, relatively few are aware of this ancient knowledge and want to do something meaningful and positive because of it. Will that be enough to change the course of human history this time around?

Half way through the current Great Cycle, some 13,000 years ago, Edgar Cayce said that the last of Atlantis went into the sea because of a major cataclysm. The reason for the destruction of this once great civilization was that a majority of its inhabitants were caught up in excessive greed, self-pleasure, self-centeredness, materialism, and a lack of honor and respect for the environment. Sound familiar?

Over the past 30 years there has been a great wave of UFO and crop circle phenomena witnessed on this planet, as if to raise attention to their presence and our cosmic heritage. Why now? For what purpose?

Over that same period of time, a massive amount of spiritual/New Age information has been disseminated throughout the world. Were benevolent extraterrestrials or other advanced beings behind this movement? If so, why?

Parallel with the efforts to raise a Higher sense of awareness and help us remember who we really are, it has also been a time when rampant materialism, capitalism, greed, corruption, control, warfare, moral bankruptcy, and deception have reached unprecedented levels. Why did both phenomena occur at the same time? Is this part of a "calling" and sorting out process to see who responds to which influence?

The Hopi Indian prophecies have come to pass. Since then, rapid global warming, freak weather patterns, melting of the poles, drought, and other Earth changes that were foretold are occurring at a rate that is much faster than anyone anticipated. Why now? Why around the year 2012?

A long time ago the Mayan calendar described 2012 as the end of the Great Cycle, which will be accompanied by great changes. How did they know that so much social, economic, and environmental turmoil would be taking place at this moment in time?

How did other ancient cultures know that great changes would climax around 2012? They were physically separated from the Mayans by vast distances and unable to communicate with one another. Did they have outside help? If so, from who?

Why has a man by the name of Benjamin Crème stepped forward over the past thirty some odd years playing the role of a global John the Baptist proclaiming that the Christ consciousness, physically

materialized as Maitreya, was coming. He began to tell this story many years ago when it seemed that life and the status quo on this planet would go on forever, and the relevance of the year 2012 was known by just a handful of people. Why has his story gained credibility over time? Why does this drama seem to be cresting today?

This is a lot of sobering and thought-provoking information to ponder. No one can say for sure what's coming or when it might happen. However, those whose awareness has already shifted can sense the profound energetic changes taking place today. There is no question that things have gotten more intense, unsettled, and unsure for humankind over the past thirty years. And there is good reason to believe that this energy will continue to quicken exponentially over the next decade of life.

I have no doubt that there is an extraordinary shift in consciousness taking place that will bring about the next stage of mankind's evolutionary development, however it may occur. In my opinion, that is what the New Age stands for. It also appears that this shift is polarizing humanity into two mindsets: those calling for a higher level of consciousness that is more love-centered, compassionate, and sacred versus those who cannot let go of their fear-based, ego-minded, self-centered ways of life.

Clearly, one can begin to see that various institutions, whose self-serving agendas are based upon fear, deception, separation, and control, are starting to crumble and die. Their decay is a very clear sign that the old order is finally breaking down. Obvious examples are the Wall Street investment houses and their selfish business leaders. This list also includes corrupt politicians and the shadowy forces in the military and other dark agencies of their administrations that do their bidding. One can also point to the Vatican, oil cartels, and a colossal cobweb of powerful banking interests, which includes the Federal Reserve, International Monetary Fund, the Bank of England, the World Bank, and others that are part of a network of control and greed headed by the super rich and elite. Their karma is due. Their moment of truth has come. They know it. They are trying to hold on for dear life. But it won't work.

With each passing day, new groups and organizations that desire an approach to life that is based upon love, honor, respect, self-responsibility, and sharing are beginning to strengthen and flourish. They know that the outcome of Godliness and goodness during the dawning Golden Age of Aquarius is inevitable. They also realize that Aquarius will be a time when we will learn to live kindly, choose our words gently and compassionately, and reconnect with our souls regardless of where and how this Age unfolds. Those who do not embrace this transformation will not evolve.

I for one believe that an old cycle of human history is indeed coming to an end so that something new can be born. I also feel it will be coupled with a form of

cleansing; physical, mental or otherwise. How much upheaval occurs and to what degree it challenges our everyday lives remains to be seen. The reason is that the future is fluid and will be defined by the individual and collective choices we are making today. Either way, I feel we are in the early stages of a profound transition that will intensify as we head toward the year 2012 and continue thereafter until a new foundation for life is born or our civilization collapses.

I base my feelings on two unmistakable warning signs that are difficult to ignore. Both exist for all to see: the relentless destruction of our environment, and the rampant end-of-the-Iron-Age symptoms, which are now apparent throughout the far reaches of this magnificent planet.

Clearly, humanity has reached an historic climax. Earth Mother cannot replenish her resources fast enough to satisfy our collective needs and greed. The environment is a breath away from irreversible destruction. And we are vastly overpopulated. If we don't take rapid action now, I would guess that we have a window of approximately ten to twenty years before Earth begins to rid itself in earnest of all the arrogant karmic filth we've put into her body and soul. And she has every right to do so.

For sure, there are gradual signs that higher choices are being made today for the betterment of mankind and the well being of our planetary home. What we need is overnight change that can tip the scales of humanity's collective consciousness towards God-centeredness, love, harmony, peace, justice, and sharing, and away from the current madness. And that is exactly what it will take before the rapidly closing window of opportunity to advance the human spirit closes around us.

There seems to be five possible outcomes for our civilization. The first is that most of us decide not to change fast enough to heal the environment. As a result of that arrogant, selfish choice, our planet reaches irreversible ecological breakdown and takes most of us with it, leaving behind the deserving remnants of those individuals who will be the seeds of the emerging Golden Age.

The second possibility for mankind is that an outside influence such as Maitreya, the Brotherhood of Light, and benevolent extraterrestrials make their presence known and point us in a new direction. They will provide us with the guidance if we ask. They will not wave a magic wand and solve our problems. We have to do that with their help.

The third alternative is that a small but crucial segment of our population, who desires to live according to the sacred principles of the newly birthing Aquarian Age, achieves a critical mass of collective consciousness. Like the hundredth monkey effect, this would "flip" the remaining planetary population and push us off in a new

direction. The new collective consciousness would also slow down and calm the physical Earth changes that have begun until we can rebalance the planet.

The fourth possibility is that the ongoing polarization of consciousness reaches a point of climax and a fourth-dimensional planet Earth, vibrating differently than the one we currently reside on, is born. At that point, individuals ready to occupy this new home would somehow be brought there. Those who have not graduated will remain in three-dimensional reality and continue to incarnate on three-dimensional Earth or a similar planetary sphere where they would continue to learn, grow, and evolve during subsequent reincarnational cycles.

The fifth possible outcome would be the occurrence of a massive natural catastrophe such as a flipping of the physical poles, an asteroid, and the like. It has happened before and will happen again.

One also has to assume that a hybrid of the aforementioned possibilities is also possible. Either way, the highest outcome and the greatest statement we could make for future generations is that we brought our civilization to the brink of destruction, changed our ways for the better, and created a model of success for others in the universe to follow. And we may have help in doing so.

Don't be surprised if, within the next few years, a credible country, group of countries, or the United Nations announce that extraterrestrials exist, that they have the proof, and then share it with us.

The first solid clue that we are heading in that direction came from, of all places, the Vatican, who chose to go public with the following information. Father Gabriel Funes is the director of the Vatican Observatory near Rome and is their authoritative voice for celestial matters. He is also a respected scientist who collaborates with many universities around the world. In 2008 he stated that the search for extraterrestrial life does not contradict our belief in God. In fact the official Vatican newspaper used the following headline for his article: "Aliens Are My Brother." In that same article, he also said that intelligent beings created by God could exist in outer space.

My reason for pointing out the Vatican's position is that they have their tentacles into everything including politics, governments, the United Nations, and other influential organizations around the world. They do not want to get caught unprepared when it comes to credible extraterrestrial disclosures. Too much is at stake for them. In my estimation, they are readying their followers for an announcement that is imminent in order to blend their religious dogmas and beliefs into that of extraterrestrial life beyond planet Earth. Why? So that their constituents continue to depend upon them

for salvation instead of casting their allegiance to benevolent beings who come here to help us, while at the same time sharing their Wisdom and Truths with humanity.

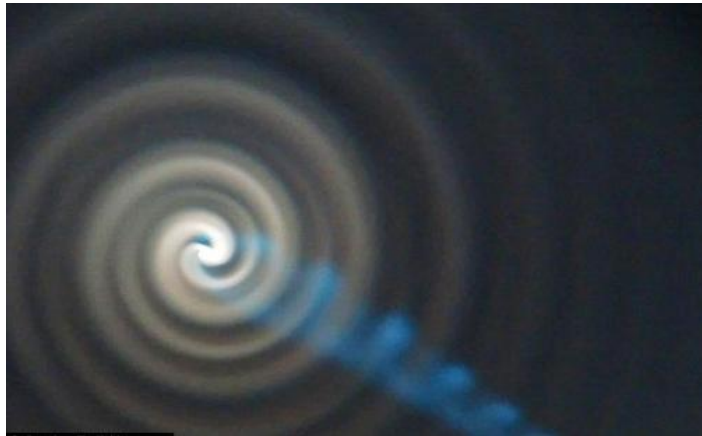
I fervently hope that a Maitreya figure, and extraterrestrials who are part of His Brotherhood of Light, will announce their presence within the next few years. This extraordinary, unprecedented act would be the initial unstoppable force that begins to propel the collective human consciousness in a new and exciting direction. It may very well be that these two events become the focal point for the birth of the New Age of Aquarius that will begin to take mankind and our beautiful planet away from the edge of destruction that we are so close to now.

Is such a scenario possible? Consider this. During the early morning hours of December 9, 2009, a mysterious display of lights appeared in the northern sky of Norway. Eyewitnesses said that a white light rotated in the sky after which a blue-green spiral originated from the center of the white spiral. Apparently, the entire event lasted about ten minutes before gradually fading out. Although some have said it was a failed Russian rocket, Truls Lynne Hansen, the Director of the Tromsø Geophysical Observatory in Norway stated, "We have seen rockets being launched from northwest Russia, and from the rocket range in Kiruna in northern Sweden, and from the neighboring Andenes in northern Norway, but nothing like this."

Furthermore, the United Kingdom's *Daily Mailonline* and Norway's *Aftenposten* also supported eyewitness accounts of a light that stopped in mid-air, after which it began to circulate, creating a giant spiral that covered a large portion of sky. Then, a green-blue beam of light shot out from the center of the white spiraling light just after it completed its large sky pattern. The following photos tell the entire story.



Early stages of the Norway light



Zooming in on the Norway light



Norway light begins to fade



Norway light begins to dissipate and slowly disappear

What was the significance of the Norway Light incident? For one, it occurred over the same country, and at the same time, when the Nobel Peace Prize was being presented and when the G8 countries held a summit in Norway to discuss the issues of global warming. Was this an otherworldly sign sent to raise awareness and inspire the G8 participants to act responsibly?

Several days after the Norway Light incident, Share International (shareintl.org), the official, all-voluntary organization for Maitreya and Benjamin Crème, *re-issued* a bulletin that had been released a year earlier:

"On 12 December 2008 Share International Foundation announced that a large, bright 'star'-like object would soon be seen in the sky. It is a sign heralding the imminent appearance of Maitreya, the World Teacher, on His first television interview, which will take place in the USA."

Even more remarkable was an announcement from Benjamin Crème on January 14 of 2010, which was as follows...

Maitreya Steps Forward

"The way prepared by His Herald the 'star', Maitreya, the World Teacher, has given His first interview on American television. Millions have heard Him speak both on TV and the internet.

His open mission has begun.

He was introduced not as Maitreya, the World Teacher and Head of our Spiritual Hierarchy, but simply as a man, one of us. In this way He "ensures that men follow and support Him for the truth and sanity of His ideas rather than for His status".

He spoke earnestly of the need for peace, achievable only through the creation of justice and the sharing of the world's resources.

This is the first of many such interviews which will be given in the USA, Japan, Europe and elsewhere, bringing His message of hope to the world."

Benjamin Creme, 14 January 2010

The first question that came to mind when I saw this announcement was, "What TV show and where on the Internet?" After much searching I could not find any more information. I was quite disappointed until I realized that taking a more subtle approach was the best way for Maitreya to seamlessly begin His work. I'm sure that if the exact show or Internet reference was announced, it would have started a chaotic stampede by many different people, groups, and organizations with intentions ranging from joyful and appreciative to outright malicious. Furthermore, what really struck me about this announcement was, "In this way He 'ensures that men follow and support Him for the truth and sanity of His ideas rather than for His status.'" It makes perfect sense to me. A video by Benjamin Crème making this announcement can be found at the Share International website.

Several months later, during March 2010, Benjamin Crème issued the following information:

"Now that Maitreya has stepped forward into the open arena of the world and has appeared several times in full view of the television cameras, we can take stock of what has been achieved so far and, to some extent, interpret the reaction of those who have seen and heard Him. Bear in mind that in these preliminary approaches to the public, Maitreya has been careful not to frighten away those He wishes to help by too great an emphasis on change, too drastic and radical a programme for renewal. While critical of our present practices in financial matters, bringing pain and hardship to millions, He praised men for their many achievements and their readiness to aspire to the creation of a better world.

From this point on, Maitreya will 'step up' the need for urgent change, the necessity for peace based on justice and sharing. He will also focus attention on the plight of planet Earth and the responsibility of men for its problems. Thus will the Great Lord orchestrate a mounting crescendo of action for the re-establishment of our world and life.

Interviews of this kind will continue to be given around the world, awakening men everywhere to their opportunity to set to rights their life, to create justice and peace by sharing, to see themselves as One, to end forever the competition and greed which for so long has held men back from their destined path to divinity."

I continue to watch this fascinating story unfold. Again, we won't know anything for sure until Maitreya steps forward as Maitreya. And if that happens, what a simple,

yet incredibly loving, compassionate, and uplifting plan He has for humanity. Benjamin Crème sums it up as follows:

"He is here to inspire us to create a new era based on sharing and justice, so that all may have the basic necessities of life: food, shelter, health care, and education."

I often ask myself, "What will happen to humanity if a Maitreya does not exist? Are there any world leaders today who can effectively inspire humanity to create a better world? Are they really trying to? Is there enough time left to save our civilization from destruction? Is humanity willing to change its ways over night?" I just don't see it. And without outside divine intervention in our lives at this point in time, the future gets very blurry for me.

Ancient lore says that Atlantis was destroyed because technology became God and relatively few Atlanteans were spiritually aware and living their truth. Humanity did not learn how to balance and harmonize the two for the greater good during those times. We are very close to making the same mistake again. Let's hope that our civilization's final epitaph is not, "Too Little, Too Late."

As for me, I pray for the highest outcome. As mentioned above, it would necessitate the emergence of a BIG messenger who, as a world teacher, would galvanize a critical mass of humanity so that we can begin to head in a higher direction of Self-awareness. After all, if we were sent advanced souls such as Hermes, Confucius, Zoroaster, Krishna, the Buddha, Jesus and Mohammed in the past to usher in a New Age or to help us during other challenging times, why not now, especially when we are in dire need of it? This first important step would also be taken with the assistance of our friends from the stars who can work with us to create a more benevolent way of life on this planet. It will take several generations of new souls to materially head us in a new direction and usher in a new Aquarian Age, but it can be done.

Over the next 2,500 years, the energy of Aquarius can help humanity end the artificial, ego-based separations that have prevented us from evolving as fast as we should. Its powerful influence, which is one of synthesis and togetherness, would give birth to an age of mutual sharing and justice that could be of benefit to all of mankind.

It will also be a time when material greed and political power are rejected, when all men and women are treated as equals, and their Aquarian children will come to us with expanded powers. If we can achieve this dream, the story of our civilization pulling itself back from the brink of extinction in order to press forward with a higher

vision, would serve as a bold example for other civilizations in the universe who are struggling just as we are. And no one would argue that success stories are far more fun than failures.

As this drama unfolds before my very eyes, I try my best to stay God-centered, loving, fearless, in the moment, co-creative, hopeful, and dependent upon Source for all that comes into my life. And I will not move from that sacred God-spot regardless of what the future might bring.

"You are the way that God becomes human."

The Return of the Bird Tribes
~ Ken Carey



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